



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

*Set goals.*

*Crush them.*

*Repeat.*

# October Weekend Schedule

## SATURDAYS – Studio Y

<u>DATE</u>	<u>8:00AM</u>	<u>9:00AM</u>
October 1	Group Power® - Kari	Cardio Kickboxing - Gina
October 8	Group Power® - Kari	NO CLASS
October 15	Dance Fitness - Danielle	NO CLASS (Self Defense Class)
October 22	R.I.P.P.E.D® - Doni	Dance Fitness - Jeni
October 29	Dance Fitness - Danielle	SOULfusion - Danielle

## SATURDAY CYCLING – Cycling Studio

<u>DATE</u>	<u>6:15 AM</u>
October 1	Mary
October 8	Mary
October 15	Cindy
October 22	Mary
October 29	Cindy

## SUNDAY GROUP POWER® OCTOBER LAUNCH - Studio Y

<u>Date</u>	<u>9:15 AM</u>
October 9	Kari, Amanda, Jenny, Carrie

## SUNDAY POP-UP CYCLING - Cycling Studio

<u>Date</u>	<u>9:15 AM</u>
October 23	Becky R.



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### MANITOWOC-TWO RIVERS Y

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