



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

**HEALTHY
 IS AN
 OUTFIT
 THAT LOOKS
 DIFFERENT
 ON EVERYBODY**

MANITOWOC-TWO RIVERS Y
 205 Maritime Drive
 Manitowoc, WI 54220
 P 920-682-0341
 F 920-682-2620
 www.mtrymca.org

READY SET SWEAT

Saturday Fitness

<u>DATE</u>	<u>CARDIO 8:00 AM</u>	<u>TONING/STRENGTH 9:00 AM</u>
May 6	Danielle Zumba®	Michaelyn TRX®
May 13	Michaelyn INSANITY Core	Shane Group Power®
May 20	Setareh Zumba®	Donielle R.I.P.P.E.D.®
May 27	Theresa Zumba®	Amanda Sculpt
June 3	Tami/Jaime Sidekick Cardio Kickboxing	Shane Group Power®
June 10	Setareh Zumba®	Jenny Group Power®
June 17	Sara R.I.P.P.E.D.®	Stephanie Group Power®
June 24	Janet Water Challenge (Inst. Pool)	Danielle PiYo®

