



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE AT THE Y

Effective September 1, 2020

YMCA App

Download the Manitowoc-Two Rivers YMCA App from your App Store
 Search "DAXKO" - Enter "Manitowoc-Two Rivers YMCA"

Catch LIVE updates and notifications from your Y!

MONDAY	TUESDAY	WEDNESDAY
<p>Morning:</p> <p>5:15- 6:15 Group Power® (Lori) SY 7:45- 8:35 R.I.P.P.E.D.® (Donielle) Outdoors/SY in bad weather 9:05- 9:45 Yoga (Candy) SY 10:00- 10:30 Silver Sneakers® Circuit (Candy) SY 11:00- 11:45 H2O Seniors (Candy) IP</p>	<p>Morning:</p> <p>5:15- 6:15 Group Ride® (Carrie) CY AND/OR VIRTUAL% 5:15-6:05 R.I.P.P.E.D.® (Jenny) Outdoors/SY in bad weather 5:30- 6:15 Sunrise Yoga Stretch (Lindy) Outdoors/HVS in bad weather 8:00-8:45 Body Sculpt (Cheryl) SY 9:00-9:45 Dance Fitness (Danielle) Outdoors/SY in bad weather 10:00- 10:45 Silver Sneakers® Yoga (Candy) HVS 10:00-10:40 Flex + Flow (Cheryl) SY 11:00- 11:45 Arthritis (Linda/Julie) IP BEGINS 9/8 11:00- 12:00 Tai Chi (Jerry) HVS</p>	<p>Morning:</p> <p>5:15- 6:15 Group Power® (Jenny) SY 6:00- 6:45 Bootcamp (Jenny) Outdoors/Meet in Lobby 8:00-8:45 Rhythm Aerobics (Cheryl) SY 8:50-9:35 Body Sculpt (Cheryl) SY 10:00-10:45 Silver Sneakers® Classic (Candy) SY 10:00- 10:30 Active Older Adult Walking Club (Lorenzo) Outdoors/Meet in Lobby</p>
<p>Noon Hour:</p>	<p>Noon Hour:</p> <p>12:00- 1:00 Group Power® (Lori) SY</p>	<p>Noon Hour:</p>
<p>Evening:</p> <p>4:30- 5:15 Kettlebell AMPD® (Tanya) Outdoors/HVS in bad weather 5:15- 5:45 R30® (Melissa) CY 5:15- 6:15 Group Power® (Lori/Amanda) SY</p>	<p>Evening:</p> <p>5:15- 6:05 R.I.P.P.E.D.® (Tanya) Outdoors/SY in bad weather</p> <p><i>%Virtual Classes will be conducted in the MTRY VIRTUAL Group Fitness group through the Y Facebook page</i></p>	<p>Evening:</p> <p>5:15-6:15 Group Power® (Amanda) SY 5:35-6:35 Group Ride® (Melissa) CY</p>
<p><u>Location Key + (Class Capacity)</u></p> <p>SY- Studio Y (15/20) CY - Cycling Studio (8) HVS- Harborview Studio (11) IP- Instructional Pool (15) RSB- Rock Steady Boxing Studio (6)</p>	<p><u>Class Capacity</u></p> <p>CR- Circuit Room (6) GC- Gymnastics (10) MP- Main Pool (6)</p> <p style="color: red;">For the Safety of our Members and Staff, we are limiting the number of participants in our INDOOR Group Fitness Classes. First Come – First Served.</p>	<p><u>CHILD WATCH</u></p> <p>(Ages 6weeks-8 years) Mon-Thurs: 5:00-7:00pm</p>





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Fitness on Demand App

Download the "Fitness on Demand" App from your App Store

Active Y Members have **FREE FLEX** access to Fitness on Demand

Choose from **THOUSANDS** of videos and **PRESS** play at the Y or **ANYWHERE** you choose!

THURSDAY	FRIDAY	SATURDAY
<p>Morning:</p> <p>5:30- 6:15 Sunrise Yoga Stretch (Cindy) Outdoors/HVS in bad weather</p> <p>6:00- 6:45 Bootcamp (Jenny) Outdoors/Meet in Lobby</p> <p>7:45- 8:35 R.I.P.P.E.D.® (Donielle) Outdoors/SY in bad weather</p> <p>9:00- 9:45 Silver Sneakers® Circuit (Cheryl) SY</p> <p>10:00- 10:40 Flex + Flow (Cheryl) SY</p> <p>11:00- 11:45 Arthritis (Linda/Julie) IP BEGINS 9/8</p>	<p>Morning:</p> <p>5:10- 6:10 R.I.P.P.E.D. Rumble (Jenny) Outdoors/SY in bad weather</p> <p>5:20- 6:15 Cycling (Cindy/Ann) CY</p> <p>7:45- 8:45 Group Power® (Lori/Jenny) SY</p> <p>9:00- 9:45 Silver Sneakers Classic® (Candy) SY</p> <p>10:00- 10:45 Silver Sneakers® Yoga (Candy) SY</p>	<p>Morning:</p> <p>6:15- 7:15 Cycling CY</p> <p>September 5 - No Class</p> <p>September 12 - Mary</p> <p>September 19 - Ann</p> <p>September 26 - Cindy</p> <p>8:00 - 9:00 Saturday Group Fitness YMCA PARKING LOT/SY IN BAD WEATHER</p> <p>September 5 - No Class</p> <p>September 12 - Sidekick Cardio Kickboxing/Tami & Jaime</p> <p>September 19 - RIPPED®/Donielle</p> <p>September 26 - POUND®/Carrie</p>
<p>Noon Hour:</p> <p>12:10-12:50 Cycling (Candy) CY</p>	<p>Noon Hour:</p> <p>12:05- 12:50 R.E.D. Bootcamp (Candy) Outdoors/Meet in Lobby</p>	SUNDAY
<p>Evening:</p> <p>4:30- 5:10 Pound® (Carrie) (Outdoors and/or Virtual % /SY in case of bad weather)</p> <p>5:15- 5:45 INSANITY® (Eddie) Outdoors/SY in bad weather</p> <p>5:35- 6:20 Cycling (Becky) CY</p> <p>5:50- 6:20 R.I.P.P.E.D. Rumble® (Eddie) Outdoors/SY in bad weather</p> <p>6:00- 7:45 Equipment Orientation (Lindsay) MEET IN LOBBY</p>	<p>% Virtual Classes will be conducted in the MTRY VIRTUAL Group Fitness group through the Y Facebook page</p>	<p>Watch for Sunday classes again in Fall!</p> <p style="text-align: right;">Last modified: 8/26/20</p>

<p><u>Location Key + (Class Capacity)</u></p> <p>SY- Studio Y (15/20) CR- Circuit Room (6)</p> <p>CY - Cycling Studio (8) GC- Gymnastics (10)</p> <p>HVS- Harborview Studio (11) MP- Main Pool (6)</p> <p>IP- Instructional Pool (15)</p> <p>RSB- Rock Steady Boxing Studio (6)</p>	<p><u>Class Capacity</u></p> <p style="color: red; font-weight: bold;">For the Safety of our members and staff, we are limiting the number of participants in our INDOOR Group Fitness Classes. First Come - First Served.</p>	<p><u>CHILD WATCH</u></p> <p style="text-align: center;">(Ages 6 weeks-8 years)</p> <p style="text-align: center;">Mon-Thurs: 5:00-7:00pm</p>
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