



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE AT THE Y

Effective May 1, 2021

**YMCA App**

Download the [Manitowoc-Two Rivers YMCA App](#) from your App Store  
 Search "DAXKO" - Enter "Manitowoc"

Catch **LIVE** updates and notifications from your Y!

MONDAY	TUESDAY	WEDNESDAY
<p>Morning:</p> <p>5:15– 6:15 Group Ride® (Steph) <b>CY</b>            7:45– 8:35 R.I.P.P.E.D.® (Donielle) <b>SY</b>            9:05– 9:45 Yoga (Candy) <b>SY</b>            10:00– 10:45 Silver Sneakers® Circuit (Candy) <b>SY</b></p>	<p>Morning:</p> <p>5:15– 6:15 Group Ride® (Carrie K.) <b>CY</b>            5:15–6:05 R.I.P.P.E.D.® (Jenny K.)  <b>Outdoors (G2 in case of bad weather)</b>            5:30– 6:15 Sunrise Yoga Stretch (Cindy) <b>SY</b>            8:10–8:50 Flex + Flow (Cheryl) <b>SY</b>            9:00–9:45 Body Sculpt (Cheryl) <b>SY</b>            10:00– 10:45 Silver Sneakers® Yoga (Candy) <b>SY</b></p> <p>10:00– 10:45 Water Fusion (Stacie) <b>IP</b></p>	<p>Morning:</p> <p>5:15– 6:15 Group Power® (Jenny W.) <b>SY</b>            7:45– 8:35 R.I.P.P.E.D.® (Donielle) <b>SY</b>            9:00–9:45 Rhythm Aerobics (Cheryl) <b>SY</b>            10:00–10:45 Silver Sneakers® Classic (Cheryl) <b>SY</b></p>
<p>Midday:</p> <p>11:00– 11:45 Water Fusion (Candy) <b>IP</b>            12:10– 12:50 Bootcamp Basics (Molly) <b>SY</b></p>	<p>Midday:</p> <p>11:00– 11:45 Arthritis (Linda/Julie) <b>IP</b>            11:00– 11:45 Tai Chi (Jerry) <b>HVS</b></p>	<p>Midday:</p> <p>11:00– 11:45 Water Fusion (Debbie) <b>IP</b>            12:10– 12:50 Cardio Bootcamp (Chris) <b>SY</b></p>
<p>Evening:</p> <p>4:30– 5:15 Kettlebell AMPD® (Tanya) <b>G2</b>            5:15– 5:45 R30® (Melissa) <b>CY</b>            5:15– 6:15 Group Power® (Kari) <b>SY</b></p>	<p>Evening:</p> <p>5:15– 6:05 R.I.P.P.E.D.® (Tanya) <b>SY</b></p>	<p>Evening:</p> <p>5:15–6:15 Group Power® (Amanda) <b>SY</b>            5:15–6:35 Group Ride® (Melissa) <b>CY</b></p>

<p><u>Location Key</u></p> <p><b>SY</b>– Studio Y  <b>CY</b> - Cycling Studio  <b>HVS</b>– Harborview Studio  <b>IP</b>– Instructional Pool  <b>RSB</b>– Rock Steady Boxing Studio</p> <p><b>CR</b>– Circuit Room  <b>GC</b>– Gymnastics  <b>MP</b>– Main Pool  <b>G2</b>– Gym 2</p>	<p style="color: red;"><b><u>Class Capacity</u></b></p> <p style="color: red; font-size: small;">For the Safety of our Members and Staff, we are limiting the number of participants in our group fitness classes.  <b>First Come – First Served.</b></p>	<p><u>CHILD WATCH</u></p> <p><b>(Ages 6weeks–8 years)</b></p> <p>Child Watch has been temporarily suspended. Please watch for reopening information in the future</p>
--	---	---

Manitowoc-Two Rivers Y  
 205 Maritime Drive, Manitowoc, WI 54220

**FIND US ON:**





FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE AT THE Y

Effective May 1, 2021

**YMCA App**

Download the [Manitowoc-Two Rivers YMCA App](#) from your App Store  
 Search "DAXKO" - Enter "Manitowoc"

Catch LIVE updates and notifications from your Y!

THURSDAY	FRIDAY	SATURDAY
<p>Morning:</p> <p>5:10- 6:10 R.I.P.P.E.D. Rumble® (Jenny)  <b>Outdoors (G2 in case of bad weather)</b>            5:30- 6:15 Sunrise Yoga Stretch (Cindy) SY            8:10-8:50 Flex + Flow (Cheryl) SY            9:00-9:45 Body Sculpt (Cheryl) SY            10:00- 10:45 Silver Sneakers® Circuit (Candy) SY</p>	<p>Morning:</p> <p>5:15-6:05 R.I.P.P.E.D.® (Jenny K.)  <b>Outdoors (SY in case of bad weather)</b>            5:20- 6:15 Cycling (Cindy/Ann) CY            7:30- 8:30 Cycling/Intervals (Candy) CY            7:45- 8:45 Group Power® (Jenny W.) SY            9:00- 9:30 Pilates* HVS            9:00- 9:45 Silver Sneakers Classic® (Candy) SY            10:00- 10:45 Silver Sneakers® Yoga (Candy) SY</p> <p><i>*Class will begin on its own at 9:00am utilizing our Fitness on Demand® software. See app for class descriptions. Classes will change weekly. Participants must bring their own mat.</i></p>	<p>Morning:</p> <p><u>Cycling Studio:</u></p> <p>6:15- 7:15—Cycling to the Core</p> <p><u>Studio Y:</u></p> <p>See <b>Weekend Schedule or app</b> for class listings</p>
<p>Midday:</p> <p>11:00- 11:45 Arthritis (Linda/Julie) IP            11:00- 11:45 Tai Chi (Jerry) HVS            12:10-12:50 Cycling (Candy) CY</p>	<p>Midday:</p> <p>12:10- 12:55 BARRE (Carrie/Sara) SY</p>	SUNDAY
<p>Evening:</p> <p>4:30- 5:10 POUND® (Debbie) SY            5:15- 6:05 R.I.P.P.E.D.® (Donielle) SY            5:35- 6:20 Cycling (Becky) CY</p>		<p><u>Harborview Studio:</u></p> <p>9:30am Fitness on Demand® Yoga</p> <p><i>Class will begin on its own at 9:30am. See app for class descriptions. Classes will change weekly.</i></p> <p><i>Participants must bring their own mat.</i></p> <p style="text-align: right;">04/20/21</p>

<p><u>Location Key</u></p> <p>SY- Studio Y          CY - Cycling Studio          HVS- Harborview Studio          IP- Instructional Pool          RSB- Rock Steady Boxing Studio</p> <p>CR- Circuit Room          GC- Gymnastics          MP- Main Pool          G2- Gym 2</p>	<p style="color: red; font-weight: bold;"><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 group fitness classes.  <b>First Come – First Served.</b></p>	<p style="text-align: center;"><u>CHILD WATCH</u></p> <p style="text-align: center; font-weight: bold;">(Ages 6weeks-8 years)</p> <p>Child Watch has been temporarily suspended. Please watch for reopening information in the future</p>
---	--	---

Manitowoc-Two Rivers Y  
 205 Maritime Drive, Manitowoc, WI 54220

FIND US ON:

