



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

Winter 1
January 2—February 19, 2018

All classes on this schedule are FREE for members to attend unless noted with (*).
 Classes subject to change.
 Download the "Manitowoc-Two Rivers YMCA" App for LIVE class availability!

MONDAY	TUESDAY	WEDNESDAY
<p>Morning:</p> <p>5:15- 6:15 Cycling CY 5:15- 6:00 MetCon SY 8:00- 8:45 H2O Fusion IP 8:00- 8:50 R.I.P.P.E.D.® G2 8:45-10:00 Rhythm Aerobics/Toning SY 9:00- 9:45 Body Sculpt G2 9:00- 9:45 Cycling CY 9:30-10:15 Arthritis IP 9:45-10:30 Water Jog MP 10:00-10:30 Pilates G2 10:00-10:45 Silver Sneakers® Circuit SY 11:00-11:45 H2O Seniors IP 11:00-12:00 *Fit Female Fit Club SY</p> <p>*Fit Female Fitness Club begins Mon. January 8th. Register at front desk*</p>	<p>Morning:</p> <p>5:15- 6:15 Group Ride® CY 5:15- 6:05 R.I.P.P.E.D.® G2 5:30- 6:15 Sunrise Yoga Stretch SY 7:30- 8:00 Cycling Express CY 8:15- 8:45 PiYo® SY 8:15- 8:50 Flex and Flow G2 9:00- 9:30 ZUMBA® G2 9:05- 9:50 Stretch into Yoga SY 9:45-10:30 Water Jog MP 10:00-10:45 Silver Sneakers® Classic SY 10:30-11:00 Water Yoga IP 11:00-11:45 Tai Chi- Better Balance SY</p>	<p>Morning:</p> <p>5:15- 6:15 Group Power® SY 8:00- 8:45 H2O Fusion IP 8:00- 8:50 R.I.P.P.E.D.® G2 8:45- 9:30 Rhythm Aerobics SY 9:00- 9:30 Kettlebell AMPD® G2 9:00-10:00 Group Ride® CY 9:30- 9:45 AMPD® Fusion G2 9:30-10:15 Arthritis IP 9:30-10:00 Body Sculpt SY 10:00-10:45 Silver Sneakers® Circuit SY 10:00-10:30 Pilates G2 11:00-11:45 H2O Seniors IP</p>
<p>Noon Hour:</p> <p>12:10-12:55 Functional Cross-Training SY</p>	<p>Noon Hour:</p> <p>12:00- 1:00 Group Power® SY 12:00-12:45 Arthritis IP 12:05-12:50 Cycling CY</p>	<p>Noon Hour:</p> <p>12:10-12:55 Functional Cross-Training SY</p>
<p>Evening:</p> <p>5:00- 6:00 Group Power® SY 5:15- 5:45 R30® CY 5:15- 6:05 ZUMBA® G2 6:10- 6:40 PiYo® G2</p>	<p>Evening:</p> <p>4:30- 5:00 Kettlebell AMPD® G2 5:15- 6:15 R.I.P.P.E.D.® RUMBLE G2 6:00- 7:00 Cycle. Eat. CY 6:15- 6:45 Family Yoga MGR</p>	<p>Evening:</p> <p>5:00- 6:00 Group Power® SY 6:15- 7:00 ZUMBA® Toning G2 6:00- 7:00 Group Ride® CY 6:15- 7:15 Yoga SY</p>

<p><u>Location Key:</u></p> <p>G2- GYM 2 IP - Instructional Pool SY- Studio Y</p> <p>CY - Cycling Studio MP- Main Pool</p>	<p><u>Babysitting Hours:</u></p> <p style="text-align: center;">(Ages 6mo-6yr)</p> <p>Mon-Fri: 7:45am-1:00pm Mon-Thurs: 4:30-7:30pm Sat: 8:00am -11:00am</p>	<p><u>Child Supervision Hours:</u></p> <p style="text-align: center;">Family Fun Center Supervision not available</p>
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