



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE AT THE Y

Effective February 1 - April 18

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
Morning: 7:45- 8:35 R.I.P.P.E.D.® (Donielle) SY 9:05- 9:45 Yoga (Candy) SY 10:00- 10:45 Silver Sneakers® Circuit (Candy) SY	Morning: 5:15- 6:15 Group Ride® (Carrie K.) CY 5:15-6:05 R.I.P.P.E.D.® (Jenny K.) G2 5:30- 6:15 Sunrise Yoga Stretch (Lindy) SY 8:00-8:45 Rhythm Aerobics (Cheryl) SY 8:50-9:35 Body Sculpt (Cheryl) SY 9:00-9:45 Dance Fitness (Danielle) G2 9:00-9:40 Flex + Flow (Cheryl) SY 10:00- 10:45 Silver Sneakers® Yoga (Candy) SY	Morning: 5:15- 6:15 Group Power® (Jenny W.) SY 8:00-8:45 Body Sculpt (Cheryl) SY 9:00-9:40 Flex + Flow (Cheryl) SY 10:00-10:45 Silver Sneakers® Classic (Cheryl) SY
Midday: 11:00- 11:45 Water Fusion (Candy) IP	Midday: 11:00- 11:45 Arthritis (Linda/Julie) IP	Midday: 11:00- 11:45 Water Fusion (Debbie) IP
Evening: 4:30- 5:15 Kettlebell AMPD® (Tanya) G2 5:15- 5:45 R30® (Melissa) CY 5:15- 6:15 Group Power® (Amanda) SY	Evening: 5:15- 6:05 R.I.P.P.E.D.® (Tanya) SY	Evening: 5:15-6:15 Group Power® (Amanda) SY 5:35-6:35 Group Ride® (Melissa) CY

<p><u>Location Key + (Class Capacity)</u></p> <p>SY- Studio Y (25) CY - Cycling Studio (13) HVS- Harborview Studio (10) IP- Instructional Pool (15) RSB- Rock Steady Boxing Studio (6)</p> <p>CR- Circuit Room (6) GC- Gymnastics (10) MP- Main Pool (6) G2- Gym 2 (40)</p>	<p style="text-align: center;"><u>Class Capacity</u></p> <p style="text-align: center; color: red;">For the Safety of our Members and Staff, we are limiting the number of participants in our group fitness classes. First Come - First Served.</p>	<p style="text-align: center;"><u>CHILD WATCH</u></p> <p style="text-align: center;">(Ages 6weeks-8 years)</p> <p style="text-align: center;">Child Watch has been temporarily suspended. Please watch for reopening information in the future</p>
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THURSDAY	FRIDAY	SATURDAY
<p>Morning:</p> <p>5:10- 6:10 R.I.P.P.E.D. Rumble (Jenny) 5:20- 6:15 Cycling (Cindy/Ann) CY 5:30- 6:15 Sunrise Yoga Stretch (Cindy) SY 7:45- 8:35 R.I.P.P.E.D.® (Donielle) SY 9:00- 9:40 Flex + Flow (Cheryl) SY 9:00- 9:45 Cardio Kickboxing (Gina) G2 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.) SY 7:30- 8:30 Cycling/Intervals (Candy) CY 7:45- 8:45 Group Power® (Jenny W.) SY 9:00- 9:45 Silver Sneakers Classic® (Candy) SY 10:00- 10:45 Silver Sneakers® Yoga (Candy) SY</p>	<p>Morning:</p> <p><u>Cycling:</u></p> <p>6:15- 7:15 9:00- 9:45</p> <p><u>Studio Y Classes:</u></p> <p>See Weekend Schedule or app for class listings</p>
<p>Midday:</p> <p>11:00- 11:45 Arthritis (Linda/Julie) IP 12:10-12:50 Cycling (Candy) CY</p>	<p>Midday:</p>	SUNDAY
<p>Evening:</p> <p>4:30- 5:10 POUND® (Debbie) SY 5:15- 5:45 INSANITY® (Eddie) SY 5:35- 6:20 Cycling (Becky) CY 5:50- 6:20 R.I.P.P.E.D. Rumble® (Eddie) SY</p>		

Last modified: 01/22/21

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