



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**A** NEW MONTH  
**P**USH YOURSELF  
**R**EJUVENATE  
**I**NSPIRE OTHERS  
**L**AUGH LOTS

Download the “Manitowoc-  
Two Rivers YMCA” app from  
your App Store for LIVE class  
information, changes, and  
other notifications

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

# Believe in Yourself

## TGIF FRIDAYS—Gym 2—8:45am

### DATE

April 5	Danielle	Dance Fitness
April 12	Danielle	Dance Fitness
April 19	Danielle	PiYobell AMPD Fitness
April 26	Debbie	POUND®

## SATURDAYS—Studio Y

### DATE    CARDIO | 8:00AM

### TONING/STRENGTH | 9:00 AM

April 6	<b>Super Saturday—No One Fights Alone Fundraiser</b>			
April 13	Jenny	RIPPED RUMBLE®	Hannah	Group Power®
April 20	Tami/Jaime	Sidekick Cardio Kickboxing	Hannah	Group Active®
April 27	Carrie	POUND®	Carrie	Group Active®

## SATURDAY CYCLING—Cycling Studio—6:15am

### DATE

April 6	Stephanie
April 13	Shane
April 20	Cindy
April 27	Shane

## SUNDAY STRENGTH—Studio Y—9:15am

### DATE

April 7	Kari	Group Power®
April 14	Kari	Group Power®
April 21	HAPPY EASTER!— YMCA CLOSED	
April 28	Kari	Group Power® Session Zero