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 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

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 WORKOUTS
 BE
 MERRY
 &
 BRIGHT**

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MANITOWOC-TWO RIVERS Y
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SLEIGH ALL DAY

December Weekend Fitness 2021

SATURDAYS– Studio Y

<u>DATE</u>	<u>8:00AM</u>	<u>9:00 AM</u>
Dec 4	Group Power® with Jenny	BARRE with Carrie
Dec 11	R.I.P.P.E.D.® with Donielle	Group Power® with Kari
Dec 18	<i>Two-Hour Dance Fitness Class with Danielle</i> (Come for one hour or both, there will be a built-in break at about 9am.)	
Dec 25	THE Y IS CLOSED - MERRY CHRISTMAS!	

SATURDAY CYCLING TO THE CORE –Cycling Studio

<u>DATE</u>	<u>6:15AM</u>
Dec 4	Mary
Dec 11	Cindy
Dec 18	Ann
Dec 25	THE Y IS CLOSED - MERRY CHRISTMAS!

