



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**MAY YOUR
WORKOUTS
BE
MERRY
&
BRIGHT**

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
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www.mtrymca.org

SLEIGH ALL DAY

December Weekend Fitness 2018

TGIF FRIDAYS– Gym 2

<u>DATE</u>	<u>CARDIO 8:30AM</u>	<u>TONING/STRENGTH 9:05 AM</u>
Dec 7	Jenny RIPPED RUMBLE®	Carrie POUND®
Dec 14	Setareh ZUMBA®	Cheryl Body Sculpt (45 min)
Dec 21	Danielle Dance Fitness	Danielle PiYo®
Dec 28	8:30–9:30 HOLIDAY MASH-UP BURN	

SATURDAYS– Studio Y

<u>DATE</u>	<u>CARDIO 8:00AM</u>	<u>TONING/STRENGTH 9:00 AM</u>
Dec 1	NO STUDIO CLASSES– ACTIVE TOGETHER® INSTRUCTOR TRAINING	
Dec 8	Danielle Dance Fitness	Kari Group Power®
Dec 15	Jenny RIPPED RUMBLE®	Hannah Group Power®
Dec 22	8:30–9:30 HOLIDAY PALOOZA FUN CLASS	
Dec 29	Jaime/Tami Sidekick Cardio Kickboxing	Carrie POUND®

SATURDAY CYCLING –Cycling Studio– 6:15am

Dec 1	Mary
Dec 8	Cindy
Dec 15	Stephanie
Dec 22	Cindy
Dec 29	Cindy

SUNDAY STRENGTH– Studio Y– 9:15am

<u>DATE</u>	
Dec 2	NO STUDIO CLASS– ACTIVE TOGETHER® INSTRUCTOR TRAINING
Dec 9	Hannah Group Power®
Dec 16	Hannah Group Power®
Dec 23	Michaelyn TRX®
Dec 30	Michaelyn TRX®