



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

*New Month
New Mindset
New Focus
New Intentions
New Results*

Download the NEW "Daxko"
Health & Fitness 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

May Weekend Fitness 2019

TGIF FRIDAYS—Gym 2—8:45am

DATE

May 3	Dance Fitness	Danielle
May 10	Body Sculpt	Cheryl
May 17	POUND®	Debbie
May 24	PiYobell AMPD Fitness	Danielle
May 31	Dance Fitness	Danielle

SATURDAYS—Studio Y

DATE CARDIO | 8:00AM

May 4	Sidekick Cardio Kickboxing	Jaime/Tami
May 11	Zumba®	Laura
May 18	R.I.P.P.E.D. Rumble®	Jenny
May 25	Sidekick Cardio Kickboxing	Jaime/Tami

TONING/STRENGTH | 9:00 AM

Group Power®	Kari
Active Together®	Hannah
Active Together®	Carrie
POUND®	Debbie

SATURDAY CYCLING—Cycling Studio—6:15am

DATE

May 4	Shane (Group Ride®)
May 11	Shane (Group Ride®)
May 18	BIG Decades SPIN-A-THON! (Register at the front desk—space limited)
May 25	Cindy

SUNDAY STRENGTH—Studio Y—9:15am

DATE

May 5	POUND®	Debbie
May 12	Group Power®	Kari
May 19	POUND®	Debbie
May 26	No Classes	