



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

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MANITOWOC-TWO RIVERS Y

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May Weekend Fitness 2021

FRIDAY PILATES—Harborview Studio—9:00am*

<u>DATE</u>	<u>9:00AM</u>
May 7	Core Workout Pilates
May 14	Pilates 101 Workout
May 21	Barre x Pilates Fusion
May 28	Pilates HIIT Fusion

**Classes will begin automatically utilizing the Fitness on Demand software. Please bring a mat.*

SATURDAYS—Studio Y

<u>DATE</u>	<u>8:00AM</u>	<u>9:00 AM</u>
May 1	Dance Fitness (Danielle)	Group Power® (Kari)
May 8	Barre (Carrie)	Group Power® (Kari)
May 15	R.I.P.P.E.D.® (Donielle)	Group Power® (Kari)
May 22	R.I.P.P.E.D. RUMBLE® (Debbie)	Bootcamp Basics (Molly)
May 29	Dance Fitness (Danielle)	Group Power® (Amanda)

SATURDAY CYCLING TO THE CORE—Cycling Studio—6:15am

<u>DATE</u>	
May 1	Mary
May 8	Cindy
May 15	Mary
May 22	Mary
May 29	Cindy

SUNDAY YOGA—Harborview Studio—9:30am*

<u>DATE</u>	
May 2	60-Minute Flow
May 9	Hard Core Yoga Flow
May 16	Everyday Yoga 1 & 2
May 23	Steady Flow
May 30	Resilience Flow

**Classes will begin automatically utilizing the Fitness on Demand software. Please bring a mat.*