



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**THINKING
ABOUT
GOING TO THE
GYM BURNS
BETWEEN
0 and 0
CALORIES**

Download the "Daxko"
app from your app store
for up-to-date class
information, changes,
and other notifications.

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READY SET SWEAT

November 2021

SATURDAYS– Studio Y

<u>DATE</u>	<u>800 AM</u>	<u>9:00 AM</u>
Nov 6	R.I.P.P.E.D. RUMBLE® (Jenny)	Barre (Carrie)
Nov 13	Dance Fitness (Danielle)	Group Power® (Kari)
Nov 20	R.I.P.P.E.D. (Donielle)	Sidekick Cardio Kickboxing (Tami/Jaime)
Nov 27	SoulFusion® (Danielle)	Group Power® (Kari)

SATURDAY CYCLING TO THE CORE –Cycling Studio

<u>DATE</u>	<u>6:15 AM</u>
Nov 6	Mary
Nov 13	Cindy
Nov 20	Ann
Nov 27	Mary

SUNDAY YOGA– Harborview Studio

<u>DATE</u>	<u>9:30 AM *</u>
Nov 7	YogaFit for Beginners (45 minutes)
Nov 14	Hard Core Yoga Flow (45 minutes)
Nov 21	YogaFit for Warriors (50 minutes)
Nov 28	One Hour Flow (60 minutes)

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

