



FOR YOUTH DEVELOPMENT®  
**FOR HEALTHY LIVING**  
 FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

**SUMMER 2018**  
**June 11—August 19th, 2018**

All classes on this schedule are FREE for members to attend.  
 Classes subject to change if less than 6 participants consistently show.  
 Download the "Manitowoc-Two Rivers YMCA" App for LIVE class availability!

MONDAY	TUESDAY	WEDNESDAY
<p>Morning:</p> <p>5:15- 6:15 Group Power® SY            8:00- 8:45 H2O Fusion IP            8:00- 8:50 R.I.P.P.E.D.® G2            8:15- 9:00 Rhythm Aerobics SY            8:50- 9:35 Arthritis IP            9:00- 9:45 Body Sculpt SY            9:00- 9:45 Cycling CY            10:00-10:45 Water Jog MP            10:00-10:45 Silver Sneakers® Circuit SY            10:00-10:30 Pilates G2            11:00-11:45 H2O Seniors IP</p>	<p>Morning:</p> <p>5:15- 6:15 Group Ride® CY            5:15- 6:05 R.I.P.P.E.D.® G2            5:30- 6:15 Sunrise Yoga Stretch SY            7:30- 8:00 Cycling Express CY            8:15- 8:50 Flex and Flow G2            9:00- 9:45 Cardio Kickboxing G2            9:05- 9:50 Yoga SY            9:55- 10:30 Beach Yoga—outdoors            10:00-10:45 Stroller Family Fitness G2            10:00-10:45 Water Jog MP            10:00-10:45 Silver Sneakers® Classic SY            11:00-11:45 Tai Chi- Better Balance SY</p> <p style="text-align: center; color: blue;">New Classes for Summer!!</p>	<p>Morning:</p> <p>5:15- 6:15 Group Power® SY            8:00- 8:45 H2O Fusion IP            8:00- 8:50 R.I.P.P.E.D.® G2            8:15- 9:00 Rhythm Aerobics SY            8:50- 9:35 Arthritis IP            9:00- 9:45 Body Sculpt SY            9:00- 9:45 Dance Fitness (w/ Danielle) G2            9:00-10:00 Group Ride® CY            10:00-10:45 Silver Sneakers® Circuit SY            10:00-10:30 Pilates G2            11:00-11:45 Aqua ZUMBA® IP</p>
<p>Noon Hour:</p> <p>12:10-12:55 Functional Cross-Training SY</p>	<p>Noon Hour:</p> <p>12:00- 1:00 Group Power® SY</p>	<p>Noon Hour:</p> <p>12:10-12:55 Functional Cross-Training SY</p>
<p>Evening:</p> <p>5:00- 6:00 Group Power® SY            5:15- 5:45 R30® CY            5:15- 6:05 Dance Fitness (w/ Danielle) G2            6:10- 6:40 PiYo® G2</p>	<p>Evening:</p> <p>4:30- 5:00 *POUND®/Kettlebell AMPD® G2            5:15- 6:15 R.I.P.P.E.D.® RUMBLE G2            6:00- 7:00 Cycle. Eat. CY</p> <p style="text-align: center; color: italic;">*Pound and Kettlebell will alternate starting with POUND on Tues. 6/12</p>	<p>Evening:</p> <p>5:00- 6:00 Group Power® SY            6:00- 7:00 Group Ride® CY            6:15- 7:15 Yoga SY</p>

<p><u>Location Key:</u></p> <p><b>G2</b>- GYM 2                      <b>CY</b> - Cycling Studio  <b>IP</b> - Instructional Pool        <b>MP</b>- Main Pool  <b>SY</b>- Studio Y</p>	<p><u>Babysitting Hours:</u></p> <p style="text-align: center;"><b>(Ages 6mo-6yr)</b></p> <p>Mon-Fri: 7:45am-1:00pm            Mon-Thurs: 4:30-7:00pm            Sat: 8:00am -11:00am</p>	<p><u>Child Supervision Hours:</u></p> <p style="text-align: center;"><b>Family Fun Center</b>  <b>Supervision not</b>  <b>available</b></p>
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THURSDAY	FRIDAY	SATURDAY
<p>Morning:</p> <p>5:15- 6:15 Group Ride® <b>CY</b>            5:10- 6:10 R.I.P.P.E.D.® RUMBLE <b>G2</b>            5:30- 6:15 Sunrise Yoga Stretch <b>SY</b>            7:30- 8:15 Cycling <b>CY</b>            8:00- 8:45 ZUMBA® Gold <b>SY</b>            8:15- 8:50 Flex and Flow <b>G2</b>            9:00- 9:30 Kettlebell AMPD® <b>G2</b>            9:35-10:05 PiYo® <b>G2</b>            9:05- 9:50 Yoga <b>SY</b>            10:00-10:45 Water Jog <b>MP</b>            10:00-10:45 Silver Sneakers® Classic <b>SY</b>            11:00-11:45 Tai Chi- Better Balance <b>SY</b></p>	<p>Morning:</p> <p>5:20- 6:15 Cycling <b>CY</b>            5:45- 6:30 Bootcamp <b>SY</b>            8:05- 8:50 Aqua H.I.I.T. <b>IP</b>            7:45- 8:45 Group Power® <b>SY</b>            8:30- 9:25 #TGIF Fitness <b>G2</b>            8:50- 9:35 Arthritis <b>IP</b>            9:00- 9:45 Cycling <b>CY</b>            9:00- 9:45 Silver Sneakers® Yoga <b>SY</b>            10:00-10:45 Senior Fun <b>SY</b>            11:00-11:45 H2O Seniors <b>IP</b></p> <p style="text-align: center;"><i>#See Weekend Warrior Schedule for class specifics</i></p>	<p>Morning:</p> <p><u>Cycling:</u></p> <p>6:15- 7:15 Cycling <b>CY</b></p> <p><u>Studio Y Classes:</u></p> <p>8:00 - 8:50 #Cardio <b>SY</b>            9:00 -10:00 #Toning/Strength <b>SY</b></p> <p style="text-align: center;"><i>#See Weekend Warrior Schedule for class specifics</i></p>
<p>Noon Hour:</p> <p>12:00- 1:00 Group Power® <b>SY</b>            12:05-12:50 Cycling <b>CY</b></p>	<p>Noon Hour:</p> <p>12:10-12:55 Functional Cross-Training <b>SY</b></p>	<h2 style="margin: 0;">SUNDAY</h2>
<p>Evening:</p> <p>5:15- 6:05 R.I.P.P.E.D.® <b>G2</b>            5:30- 6:15 POUND® <b>SY</b>            6:15- 7:00 Cycling <b>CY</b>            6:15- 7:00 ZUMBA® <b>G2</b></p>	<p>Evening:</p>	<p>Morning 9:15- 10:15</p> <p>Sunday Strength <b>SY</b>            6/3- TRX            6/10- Group Power            6/17- TRX            6/24- TRX</p> <p style="text-align: right;">Sunday classes will then resume in September</p> <p style="text-align: right;">Last modified: 6/1/18</p>

<p><u>Location Key:</u></p> <p><b>G2</b>- GYM 2  <b>IP</b> - Instructional Pool  <b>SY</b>- Studio Y</p> <p><b>CY</b> - Cycling Studio  <b>MP</b>- Main Pool</p>	<p><u>Babysitting Hours:</u></p> <p style="text-align: center;"><b>(Ages 6mo-6yr)</b></p> <p>Mon-Fri: 7:45am- 1:00pm            Mon-Thurs: 4:30-7:00pm            Sat: 8:00am - 11:00am</p>	<p><u>Child Supervision Hours:</u></p> <p style="text-align: center;"><b>Family Fun Center Supervision not available</b></p>
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