



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

*It's never too early
or too late to
work towards to
being the
healthiest you.*

July Weekends Schedule

SATURDAYS – Studio Y

July 6

8:00AM

NO CLASS

9:00AM

Group Power® - Melissa

July 13—Maritime Museum Rooftop

8:30AM

HIIT—Molly

9:20AM

POUND® - Kelsy

July 20

8:00AM

BARRE® - Carrie

9:00AM

Human Reformer Pilates—Carrie
(Please bring a mat and foam roller if you have one)

July 27

7:45AM

Group Fight Launch®

9:00AM

Group Power Launch®

SATURDAY CYCLING – Cycling Studio

DATE

6:15 AM

July 6

Mary

July 13

Cindy

July 20

Ann

July 27

Cindy

FIN



YouTube



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