



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.*

**MANITOWOC-TWO RIVERS Y**

205 Maritime Drive  
Manitowoc, WI 54220  
P 920-682-0341

# October Weekend Schedule

## SATURDAYS – Studio Y

### October 5

#### Group Ex Sampler

- 8:00am—8:20am Dance Fitness with Danielle
- 8:25am—8:45am HIIT Bootcamp with Molly
- 8:50am—9:10am Rhythm Aerobics with Cheryl
- 9:20am—9:40am Group Power® with Amanda

### October 12

#### 7:45AM

Group Fight® Launch

#### 9:00AM

Group Power® Launch

### October 19

#### 8:00AM

NO CLASS

#### 9:00am

Group Power® - Melissa

### October 26

#### 8:00AM

HITT Bootcamp—Candy

#### 9:00AM

NO CLASS

## SATURDAY CYCLING – Cycling Studio

#### DATE

- October 5
- October 12
- October 19
- October 26

#### 6:15 AM

- Sara
- Ann
- Mary
- Cindy

