



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

*Set goals.*

*Crush them.*

*Repeat.*

# September Weekend Schedule

## SATURDAYS – Studio Y

### September 7

8:00AM

RIPPED® - Doni

9:00AM

Group Power® - Amanda

### September 14

8:00AM

BARRE—Carrie

9:00AM

NO CLASS

### September 21—Maritime Museum Rooftop

8:30AM - 9:30AM

Cardio Kickboxing—Gina

### September 28

8:00AM

Dance Fitness—Danielle

9:00AM

NO CLASS

## SATURDAY CYCLING – Cycling Studio

DATE

6:15 AM

September 7

Cindy

September 14

Ann

September 21

Mary

September 28

Sara

FIN



YouTube



### MANITOWOC-TWO RIVERS Y

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