



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

FALL SESSION GYM 2 REMODEL
 September 24—November 16, 2018

All classes on this schedule are FREE for members to attend unless noted with (*).
Classes in RED have been CHANGED during REMODEL.
 Download the "Manitowoc-Two Rivers YMCA" App for LIVE class availability!

MONDAY	TUESDAY	WEDNESDAY
<p>Morning:</p> <p>5:15- 6:15 Cycling CY 5:15- 6:15 Group Power® SY 8:00- 8:50 R.I.P.P.E.D.® G1 8:15- 9:00 Rhythm Aerobics SY 9:00- 9:45 Body Sculpt SY 9:00- 9:45 Cycling CY 9:30-10:15 Arthritis IP 9:45-10:30 Water Jog MP 10:00-10:30 Pilates RB3 10:00-10:45 Silver Sneakers® Circuit SY 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.® G1 5:30- 6:15 Sunrise Yoga Stretch SY 7:30- 8:00 Cycling Express CY 8:15- 8:50 Flex and Flow SY 9:00- 9:45 Dance Fitness G1 9:05- 9:50 Yoga SY 9:45-10:30 Water Jog MP 10:00-10:45 Silver Sneakers® Classic SY 10:30-11:00 Water Yoga IP 11:00-11:45 Tai Chi- Better Balance SY</p>	<p>Morning:</p> <p>5:15- 6:15 Group Power® SY 8:00- 8:50 R.I.P.P.E.D.® G1 8:15- 9:00 Rhythm Aerobics SY 9:00- 9:45 Kettlebell AMPD® G1 9:00-10:00 Group Ride® CY 9:30-10:15 Arthritis IP 9:00- 9:45 Body Sculpt SY 10:00-10:45 Silver Sneakers® Circuit SY 10:00-10:30 Pilates RB3 11:00-11:45 Aqua ZUMBA® IP</p> <p style="text-align: right; color: red;"><i>(9:35a PiYo will return mid-Nov.)</i></p>
<p>Noon Hour:</p> <p>12:15-12:45 Fit XPress SY</p>	<p>Noon Hour:</p> <p>12:00- 1:00 Group Power® SY 12:00-12:45 Arthritis IP</p>	<p>Noon Hour:</p> <p>12:15-12:45 Fit XPress SY</p>
<p>Evening:</p> <p>5:00- 6:00 Group Power® SY 5:15- 5:45 R30® CY 6:15- 7:00 POUND® SY</p>	<p>Evening:</p> <p>5:15- 6:15 R.I.P.P.E.D.® RUMBLE SY 6:00- 7:00 Cycle. Eat. CY</p> <p style="text-align: center;"><i>*Unable to attend a class but would like to work out in a group? Inquire about Small Group Training! Train alongside 2-5 of your friends with a Certified Personal Trainer at a time that works for you!</i></p>	<p>Evening:</p> <p>5:00- 6:00 Group Power® SY 6:00- 7:00 Group Ride® CY 6:30- 7:15 ZUMBA® Toning G1</p> <p style="text-align: right; color: red;"><i>(6:15p Yoga will return mid-Nov.)</i></p>

<p><u>Location Key:</u></p> <p>G2- REMODEL IP - Instructional Pool SY- Studio Y</p> <p>CY - Cycling Studio MP- Main Pool RB3- Racquetball Court 3</p>	<p><u>Babysitting Hours:</u></p> <p style="text-align: center;">(Ages 6mo-7yr)</p> <p>Mon-Fri: 7:45am-1:00pm Mon-Thurs: 4:30-7:30pm Sat: 8:00am -11:00am</p>	<p><u>Child Supervision Hours:</u></p> <p style="text-align: center;">Family Fun Center Supervision not available</p>
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THURSDAY	FRIDAY	SATURDAY
<p>Morning:</p> <p>5:15- 6:15 Group Ride® CY 5:10- 6:10 R.I.P.P.E.D.® RUMBLE G1 5:30- 6:15 Sunrise Yoga Stretch SY 7:30- 8:15 Cycling CY 8:05- 8:50 ZUMBA® Gold SY 8:15- 8:50 Flex and Flow G1 9:00- 9:45 Cardio Kickboxing G1 9:05- 9:50 Yoga SY 9:45-10:30 Water Jog MP 10:00-10:45 Silver Sneakers® Classic SY 11:00-11:45 Tai Chi- Better Balance SY</p> <p style="color: red; text-align: center;"><i>(6:15p Yoga will return mid-Nov.)</i></p>	<p>Morning:</p> <p>5:20- 6:15 Cycling CY 5:45- 6:30 Fit Xpress SY 7:45- 8:45 Group Power® SY 8:30- 9:35 #TGIF Fitness G1 9:00- 9:45 Cycling CY 9:00- 9:45 Silver Sneakers® Yoga SY 9:30-10:15 Arthritis IP 10:00-10:45 Senior Fun SY 11:00-11:45 H2O Seniors IP</p> <p>#See Weekend Warrior Schedule for class listing</p>	<p>Morning:</p> <p><u>Cycling:</u></p> <p style="text-align: center;">6:15- 7:15 Cycling CY <i>(every sat)</i></p> <p><u>Studio Y Classes:</u></p> <p style="text-align: center;">8:00 - 8:50 #Cardio SY 9:00 -10:00 #Toning/Strength SY</p> <p>#See Weekend Warrior Schedule for class listing</p>
<p>Noon Hour:</p> <p>12:00- 1:00 Group Power® SY 12:00-12:45 Arthritis IP 12:05-12:50 Cycling CY</p>	<p>Noon Hour:</p> <p>12:15- 12:45 Fit XPress SY</p>	<div style="border: 2px solid black; padding: 10px; font-size: 2em; font-weight: bold;">SUNDAY</div>
<p>Evening:</p> <p>5:15- 6:05 R.I.P.P.E.D.® SY 6:15- 7:00 Cycling CY 6:15- 7:00 ZUMBA® SY</p>	<p>Evening:</p>	<p>Morning 9:15- 10:15</p> <p>#See Weekend Warrior Schedule for class listing</p>

Last modified: 9/18/18

<p><u>Location Key:</u></p> <p>G2- REMODEL IP - Instructional Pool SY- Studio Y</p> <p>CY - Cycling Studio MP- Main Pool RB3- Racquetball Court 3</p>	<p><u>Babysitting Hours:</u></p> <p style="text-align: center;">(Ages 6mo-7yr)</p> <p>Mon-Fri: 7:45am- 1:00pm Mon-Thurs: 4:30-7:30pm Sat: 8:00am - 11:00am</p>	<p><u>Child Supervision Hours:</u></p> <p style="text-align: center;">Family Fun Center Supervision not available</p>
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