



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

**YOU CAN'T  
 SPELL  
 CHALLENGE  
 WITHOUT  
 CHANGE**

Download the “Manitowoc-  
 Two Rivers YMCA” App from  
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 class information, changes,  
 and other notifications

**MANITOWOC-TWO RIVERS Y**  
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# NEW YEAR NEW YOU

## January Weekend Fitness 2019

### TGIF FRIDAYS– Gym 2

<u>DATE</u>	<u>CARDIO   8:30AM</u>	<u>TONING/STRENGTH   9:05 AM</u>
Jan 4	Danielle Kettlebell AMPD® (45 minutes)	
Jan 11	Danielle Kettlebell AMPD Fusion® (45 minutes)	
Jan 18	Setareh ZUMBA®	Cheryl Body Sculpt (45 minutes)
Jan 25	TBD	

### SATURDAYS– Studio Y

<u>DATE</u>	<u>CARDIO   8:00AM</u>	<u>TONING/STRENGTH   9:00 AM</u>
Jan 5	Danielle Dance Fitness (Gym 2)	Danielle PiYo® (Gym 2)
Jan 12	Setareh ZUMBA®	Kari Group Power®
Jan 19	Jenny RIPPED RUMBLE®	Hannah Group Power®
Jan 26	Tami/Jaime Sidekick Cardio Kickboxing	Hannah Group Power®

### SATURDAY CYCLING –Cycling Studio– 6:15am

Jan 5	Carrie– Group Ride®
Jan 12	Stephanie
Jan 19	Mary
Jan 26	Cindy

Check out our NEW Keiser Bikes!

### SUNDAY STRENGTH– Studio Y– 9:15am

<u>DATE</u>	
Jan 6	Group Power®— Kari
Jan 13	R.I.P.P.E.D.®—Tanya
Jan 20	TBD
Jan 27	Group Power®— Jenny