



Manitowoc-Two Rivers YMCA | March 30th - April 5th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|---|--|---|---|---------------|
| Pick-Up Basketball Prevea Gym | 5:00AM-6:00AM (Pick Up Basketball) 7:00AM-9:00AM (Pick Up Basketball) | 12:00PM-1:00PM (Pick Up Basketball) | 5:00AM-6:00AM (Pick Up Basketball) | 12:00PM-1:00PM (Pick Up Basketball) | 5:00AM-6:00AM (Pick Up Basketball) | 7:00AM-9:00AM (Pick Up Basketball) | |
| Group Power Studio Y | 5:15AM-6:15AM (Strength) <i>Carrie K.</i> 5:15PM-6:15PM (Strength) <i>Amanda S.</i> | 12:10PM-1:10PM (Strength) <i>Melissa W.</i> | 5:15AM-6:15AM (Strength) <i>Amanda S.</i> 5:15PM-6:15PM (Strength) <i>Melissa W.</i> | | 7:45AM-8:45AM (Strength) <i>Jenny W.</i> | | |
| Express Cycle Cycling Studio | 6:30AM-7:00AM (Cardio) <i>Sara K.</i> | | 6:30AM-7:00AM (Cardio) <i>Sara K.</i> | | | | |
| Lap Swim (lanes 5/6) Main Pool | 7:00AM-12:00PM (Swim Times) 1:00PM-7:00PM (Swim Times) | 5:00AM-9:45AM (Swim Times) 10:30AM-12:00PM (Swim Times) 3:00PM-7:00PM (Swim Times) | 5:00AM-10:00AM (Swim Times) 1:00PM-7:30PM (Swim Times) | 8:00AM-9:45AM (Swim Times) 1:30PM-3:00PM (Swim Times) | 7:00AM-10:30AM (Swim Times) 11:00AM-12:00PM (Swim Times) | 9:00AM-12:00PM (Swim Times) 1:00PM-3:00PM (Swim Times) | |
| R.I.P.P.E.D. Studio Y | 7:40AM-8:30AM (Strength) <i>Danielle S.</i> | 5:15AM-6:05AM (Strength) <i>Jenny K.</i> | 7:40AM-8:30AM (Strength) <i>Danielle S.</i> | 5:30PM-6:20PM (Strength) <i>Danielle S.</i> | | | |
| Drop-In Pickleball (for players above level 3.0) Tennis Center | 8:00AM-10:00AM (Drop In Pickleball) | | 8:00AM-10:00AM (Drop In Pickleball) | | 7:30AM-9:30AM (Drop In Pickleball) | | |
| Rhythm Aerobics Studio Y | 8:45AM-9:45AM (Cardio) <i>Cheryl G.</i> | | 8:45AM-9:45AM (Cardio) <i>Cheryl G.</i> | | | | |
| YMCA360 Tai Chi Harborview Studio | 8:45AM-9:30AM (Mind Body) <i>Various</i> | | | 8:45AM-9:30AM (Mind Body) <i>Various</i> | | | |
| Yoga Salutz Gym | 9:00AM-9:45AM (Mind Body) <i>Candace R.</i> | | 9:00AM-9:45AM (Mind Body) <i>Justin M.</i> | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|--|---|---|---|---------------|
| Swim Lessons (all lanes) Instructional Pool | 9:15AM-10:30AM (Swim Times) 4:30PM-7:00PM (Swim Times) | 4:30PM-7:00PM (Swim Times) | 5:00PM-5:45PM (Swim Times) | | | | |
| Wiggles & Giggles Salutz Gym | 10:00AM-11:00AM (Family) <i>Lisa N.</i> | | 10:00AM-11:00AM (Family) <i>Lisa N.</i> | | | | |
| FOREVERWELL Circuit Studio Y | 10:00AM-10:45AM (Strength) <i>Candace R.</i> | | | 10:00AM-10:45AM (Strength) <i>Candace R.</i> | | | |
| Water Arthritis Instructional Pool | 10:30AM-11:00AM (Water Fitness) | | | | | | |
| H2O Fusion Instructional Pool | 11:00AM-11:45AM (Water Fitness) | | | | | | |
| Lap Swim (all lanes) Main Pool | 12:00PM-1:00PM (Swim Times) | 12:00PM-1:00PM (Swim Times) | 12:00PM-1:00PM (Swim Times) | 12:00PM-1:00PM (Swim Times) | 12:00PM-1:00PM (Swim Times) | 12:00PM-1:00PM (Swim Times) | |
| Teen Gym Time Prevea Gym | 3:15PM-5:00PM (Teen Gym Time) | 3:15PM-5:15PM (Teen Gym Time) | 3:15PM-5:00PM (Teen Gym Time) | 3:15PM-5:00PM (Teen Gym Time) | 3:15PM-5:00PM (Teen Gym Time) | | |
| Dance Fitness Studio Y | 4:15PM-5:00PM (Cardio) <i>Jen B.</i> | | | | | | |
| POUND Harborview Studio | 5:15PM-6:00PM (Cardio) <i>Kelsey T.</i> | | | | | | |
| Drop-In Pickleball Beginners to Level 3.0 Tennis Center | 5:30PM-7:45PM (Drop In Pickleball) | 9:30AM-11:30AM (Drop In Pickleball) | 5:30PM-7:45PM (Drop In Pickleball) | | 9:30AM-11:30AM (Drop In Pickleball) | | |
| Cycling Cycling Studio | 5:30PM-6:15PM (Cardio) <i>Mary P.</i> | 5:15AM-6:00AM (Cardio) <i>Various/Rotating I.</i> 12:10PM-12:50PM (Cardio) <i>Candace R.</i> | 8:00AM-8:45AM (Cardio) <i>Rebecca R.</i> 5:30PM-6:15PM (Cardio) <i>Susie G.</i> | 5:15AM-6:00AM (Cardio) <i>Various/Rotating I.</i> | 5:15AM-6:00AM (Cardio) <i>Various/Rotating I.</i> | 6:15AM-7:15AM (Cardio) <i>Mary P.</i> | |
| Kindersports Prevea Gym | 5:30PM-6:00PM (Youth Sports) | | | | | | |
| Power Flow Yoga Harborview Studio | 6:15PM-7:15PM (Mind Body) <i>Elizabeth G.</i> | | | | | | |
| Zumba Studio Y | 6:30PM-7:15PM (Cardio) <i>Emily A.</i> | 5:15PM-6:00PM (Cardio) <i>Tori S.</i> | | 6:45PM-7:30PM (Cardio) <i>Tori S.</i> | | | |
| Sunrise Yoga Stretch Harborview Studio | | 6:00AM-6:45AM (Mind Body) <i>Cindy L.</i> | | 6:00AM-6:45AM (Mind Body) <i>Elizabeth G.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------|---|---|--|--|-------------------------------|--------|
| Body Sculpt Studio Y | | 8:00AM-8:45AM (Strength) <i>Cheryl G.</i> | | 8:00AM-8:45AM (Strength) <i>Cheryl G.</i> | | | |
| NEW!! Dance Fitness + Strength Studio Y | | 9:00AM-9:45AM (Cardio) <i>Danielle W.</i> | | | | | |
| Flex & Flow Salutz Gym | | 9:00AM-9:45AM (Mind Body) <i>Cheryl G.</i> | | 9:00AM-9:45AM (Mind Body) <i>Cheryl G.</i> | | | |
| Water Jog (lanes 1-4) / Lap Swim (lanes 5-6) Main Pool | | 9:45AM-10:30AM (Water Fitness) | | 9:45AM-10:30AM (Water Fitness) | | | |
| Chair Yoga Studio Y | | 10:00AM-10:45AM (Mind Body) <i>Candace R.</i> | | | | | |
| Tai Chi Harborview Studio | | 11:00AM-11:45AM (Mind Body) <i>Jerry G.</i> | | 11:00AM-11:45AM (Mind Body) <i>Jerry G.</i> | | | |
| Drop-In Pickleball (beginners only) Tennis Center | | 1:00PM-2:30PM (Drop In Pickleball) | | 1:00PM-2:30PM (Drop In Pickleball) | | | |
| Pool Closed Main Pool | | 1:00PM-3:00PM (Swim Times) | | 1:00PM-1:30PM (Swim Times) 3:00PM-8:00PM (Swim Times) | 10:30AM-11:00AM (Swim Times) 1:00PM-6:00PM (Swim Times) | 3:00PM-6:00PM (Swim Times) | |
| YMCA360 Latin Dance Harborview Studio | | 3:30PM-4:30PM (Cardio) <i>Various</i> | | 3:30PM-4:30PM (Cardio) <i>Various</i> | | | |
| Drop-In Pickleball (ALL LEVELS) Tennis Center | | 5:30PM-7:45PM (Drop In Pickleball) | 10:00AM-12:00PM (Drop In Pickleball) | 5:30PM-7:45PM (Drop In Pickleball) | | | |
| Fishing Basics Prevea Gym | | 6:00PM-6:45PM (Youth Sports) | | | | | |
| Tae Kwon Do Harborview Studio | | 6:30PM-7:30PM (Tae Kwon Do) | | | | | |
| SOULfusion Harborview Studio | | | 9:00AM-9:45AM (Strength) <i>Danielle W.</i> | | | | |
| FOREVERWELL Classic Studio Y | | | 10:00AM-10:45AM (Strength) <i>Cheryl G.</i> | | | | |
| Swim Lessons (all lanes) Main Pool | | | 10:00AM-10:45AM (Swim Times) | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|--|--|---|--|--------|
| HIIT Strength Studio Y | | | 12:10PM-12:55PM (Strength) <i>Heather V.</i> | 9:00AM-9:45AM (Strength) <i>Molly W.</i> | | 8:00AM-8:50AM (Strength) <i>Melissa W.</i> | |
| Open Swim Instructional Pool | | | 1:30PM-3:30PM (Swim Times) 5:45PM-7:30PM (Swim Times) | | | | |
| Walk and Talk Salutz Indoor Walking Track | | | 6:00PM-6:45PM (Mind Body) <i>Travis G.</i> | | | | |
| Vinyasa Flow Yoga Harborview Studio | | | 6:30PM-7:15PM (Mind Body) <i>Elizabeth G.</i> | | | | |
| Tae Kwon Do Studio Y | | | 6:30PM-7:30PM (Tae Kwon Do) | | | | |
| Group Fight Studio Y | | | | 5:10AM-6:10AM (Cardio) <i>Jenny W.</i> | | | |
| Swim Lessons lanes 1-4, Lap Swim lanes 5-6 Main Pool | | | | 10:30AM-11:00AM (Swim Times) | | | |
| H2O Fusion (lanes 1-4) / Lap Swim (lanes 5-6) Main Pool | | | | 11:00AM-11:45AM (Water Fitness) | | | |
| After School Care Prevea Gym | | | | 4:30PM-5:30PM (Sacc) | | | |
| Pool Closed Instructional Pool | | | | | 5:00AM-6:00PM (Swim Times) | | |
| R.I.P.P.E.D. Rumble Studio Y | | | | | 5:15AM-6:15AM (Cardio) <i>Jenny K.</i> | | |
| Dance Party Hits Studio Y | | | | | 9:00AM-9:45AM (Cardio) <i>Susan Q.</i> | 9:00AM-9:45AM (Cardio) <i>Susan Q.</i> | |
| FOREVERWELL Yoga Studio Y | | | | | 10:00AM-10:45AM (Mind Body) <i>Susan Q.</i> | | |