



Manitowoc - Two Rivers YMCA | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim (lanes 5/6) Main Pool		5:00AM-9:45AM (Swim Times) 10:30AM-12:00PM (Swim Times) 3:00PM-7:15PM (Swim Times)	5:00AM-12:00PM (Swim Times) 1:00PM-7:00PM (Swim Times)	5:00AM-9:45AM (Swim Times) 10:30AM-12:00PM (Swim Times) 1:00PM-7:00PM (Swim Times)	7:00AM-10:30AM (Swim Times) 11:00AM-12:00PM (Swim Times)	9:00AM-1:00PM (Swim Times)	9:00AM-10:30AM (Swim Times) 10:30AM-3:30PM (Swim Times)
Whirlpool Closed Whirlpool		5:00AM-8:00PM (Whirlpool Hours)	5:00AM-8:00PM (Whirlpool Hours)	5:00AM-8:00PM (Whirlpool Hours)	5:00AM-8:00PM (Whirlpool Hours)	5:00AM-8:00PM (Whirlpool Hours)	5:00AM-8:00PM (Whirlpool Hours)
R.I.P.P.E.D. Studio Y		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>			
Group Ride Cycling Studio		5:15AM-6:15AM (Cardio) <i>Carrie K.</i>					
Sunrise Yoga Stretch Harborview Studio		6:00AM-6:45AM (Mind Body) <i>Cindy L.</i>		6:00AM-6:45AM (Mind Body) <i>Cindy L.</i>			
Body Sculpt Studio Y		8:00AM-8:45AM (Strength) <i>Cheryl G.</i>		8:00AM-8:45AM (Strength) <i>Cheryl G.</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>			
Dance Fitness Studio Y		9:00AM-9:45AM (Cardio) <i>Danielle W.</i>					
Deep End Open Swim Instructional Pool		9:00AM-10:00AM (Swim Times)	9:00AM-9:45AM (Swim Times)				
Drop-In Pickleball Beginners to Level 3.0 Tennis Center		9:30AM-11:30AM (Drop In Pickleball)	5:30PM-7:45PM (Drop In Pickleball)		9:30AM-11:30AM (Drop In Pickleball)		
Water Jog (lanes 1-4) / Lap Swim (lanes 5-6) Main Pool		9:45AM-10:30AM (Water Fitness)		9:45AM-10:30AM (Water Fitness)			
Silver Sneakers Yoga Studio Y		10:00AM-10:45AM (Mind Body) <i>Candace R.</i>					

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Water Yoga Instructional Pool		10:30AM-11:00AM (Water Fitness)		10:30AM-11:00AM (Water Fitness)			
Tai Chi Harborview Studio		11:00AM-11:45AM (Mind Body) <i>Jerry G.</i>		11:00AM-11:45AM (Mind Body) <i>Jerry G.</i>			
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)		
Pick-Up Basketball Prevea Gym		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		12:10PM-1:10PM (Strength) <i>Melissa W.</i>	5:15AM-6:15AM (Strength) <i>Jenny W.</i> 5:15PM-6:15PM (Strength) <i>Melissa W.</i>		7:45AM-8:45AM (Strength) <i>Jenny W.</i>	9:00AM-10:00AM (Strength) <i>Melissa W.</i>	
Cycling Cycling Studio		12:10PM-12:55PM (Cardio) <i>Candace R.</i>	8:00AM-8:45AM (Cardio) <i>Rebecca R.</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>	
Drop-In Pickleball (beginners only) Tennis Center		1:00PM-2:30PM (Drop In Pickleball)		1:00PM-2:30PM (Drop In Pickleball)			
Teen Gym Time Prevea Gym		3:15PM-5:00PM (Teen Gym Time) 3:15PM-5:00PM (Teen Gym Time)	3:15PM-5:00PM (Teen Gym Time)	3:15PM-5:00PM (Teen Gym Time) 3:15PM-5:00PM (Teen Gym Time)	3:15PM-5:00PM (Teen Gym Time) 3:15PM-5:00PM (Teen Gym Time)		
Zumba Salutz Gym		5:15PM-6:00PM (Cardio) <i>Tori S.</i>					
Pilates Studio Y		5:15PM-6:00PM (Strength) <i>Carrie K.</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)			9:00AM-11:00AM (Drop In Pickleball)
BARRE Studio Y		6:05PM-6:45PM (Strength) <i>Carrie K.</i>			9:00AM-9:50AM (Strength) <i>Carrie K.</i>		
Tae Kwon Do Harborview Studio		6:30PM-7:30PM (Tae Kwon Do)					
Drop-In Pickleball (for players above level 3.0) Tennis Center			8:00AM-10:00AM (Drop In Pickleball)		7:30AM-9:30AM (Drop In Pickleball)		

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Rhythm Aerobics Studio Y			8:45AM-9:45AM (Cardio) <i>Cheryl G.</i>			8:00AM-8:50AM (Cardio) <i>Cheryl G.</i>	
SOULfusion Harborview Studio			9:00AM-9:45AM (Strength) <i>Danielle W.</i>				
Yoga Salutz Gym			9:00AM-9:45AM (Mind Body) <i>Justin M.</i>				
Silver Sneakers Classic Studio Y			10:00AM-10:45AM (Strength) <i>Cheryl G.</i>				
H2O Fusion Instructional Pool			11:00AM-11:45AM (Water Fitness)				
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>			
Cardio Kickboxing Studio Y				9:00AM-9:45AM (Cardio) <i>Gina W.</i>			
Silver Sneakers Circuit Studio Y				10:00AM-10:45AM (Strength) <i>Candace R.</i>			
H2O Fitness (Instructor's Choice) Instructional Pool				11:00AM-11:45AM (Water Fitness)			
Interval Cycling & Weights Cycling Studio				12:10PM-12:55PM (Cardio) <i>Candace R.</i>			
Family Swim Instructional Pool				5:30PM-7:00PM (Swim Times)		9:30AM-12:00PM (Swim Times)	
Kindersports Prevea Gym				5:30PM-6:00PM (Youth Sports)			
Dance Fitness Harborview Studio				6:30PM-7:30PM (Cardio) <i>InStudio V.</i>			
R.I.P.P.E.D. Rumble Studio Y					5:15AM-6:15AM (Cardio) <i>Jenny K.</i>		

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Chair Yoga Studio Y					10:00AM-10:45AM (Mind Body) <i>Susan Q.</i>		