



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Set goals.

Crush them.

Repeat.



YouTube

FIN



MANITOWOC-TWO RIVERS Y
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 www.mtrymca.org

August Weekend Schedule

SATURDAYS – Studio Y

August 3

8:00AM

Pilates - Carrie

9:00AM

Group Power® - Melissa

August 10

8:00AM

Body Sculpt—Cheryl

9:00AM

NO CLASS

August 17—Maritime Museum Rooftop

8:30AM - 9:30AM

Dance Fitness—Danielle

August 24

8:00AM

NO CLASS

9:00AM

NO CLASS

August 31

8:00AM

NO CLASS

9:00AM

Group Power® - Amanda

SATURDAY CYCLING – Cycling Studio

DATE

August 3

August 10

August 17

August 24

August 31

6:15 AM

Mary

Cindy

Ann

Cindy

Mary

