



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE AT THE Y

205 Maritime Dr.
 Manitowoc, WI 54220

Catch LIVE updates and notifications from your Y
 by downloading YMCA360 from your app store!

MONDAY	TUESDAY	WEDNESDAY
<p>Morning:</p> <p>5:15– 6:15 Group Power® (Carrie) SY 7:40– 8:30 R.I.P.P.E.D.® (Doni) SY 8:00– 10:00 Drop-in Pickleball Players Above Level 3.0 (TC) 8:45–9:45 Rhythm Aerobics (Cheryl) SY 9:00– 9:45 Yoga (Candy) SG 9:00– 9:45 Cycling (Becky) CY 10:00—11:00 Wiggles & Giggles (Lisa) SG 10:00– 10:45 Silver Sneakers® Circuit (Candy) SY</p>	<p>Morning:</p> <p>5:15– 6:15 Group Ride® (Carrie K.) CY 5:15–6:05 R.I.P.P.E.D.® (Jenny K.) SG 6:00– 6:45 Sunrise Yoga Stretch (Cindy) HVS 8:00–8:45 Body Sculpt (Cheryl) SY 9:00–9:45 Dance Fitness (Danielle) SY 9:00–9:45 Flex + Flow (Cheryl) SG 9:30– 11:30 Drop-in Pickleball Beginners to Level 3.0 (TC) 10:00– 10:45 Silver Sneakers® Yoga (Candy) SY</p>	<p>Morning:</p> <p>5:15– 6:15 Group Power® (Jenny W.) SY 7:40– 8:30 R.I.P.P.E.D.® (Doni) SY 8:00– 10:00 Drop-in Pickleball Players Above Level 3.0 (TC) 8:45–9:45 Rhythm Aerobics (Cheryl) SY 9:00– 9:45 Yoga (Susan) SG 9:00 – 9:45 SOULfusion® (Danielle) HVS 10:00—11:00 Wiggles & Giggles (Lisa) SG 10:00–10:45 Silver Sneakers® Classic (Cheryl) SY 10:00—12:00 Drop-in Pickleball All levels (TC)</p>
<p>Midday:</p> <p>12:10– 12:50 HIIT Strength (Molly) SY</p>	<p>Midday:</p> <p>11:00– 11:45 Tai Chi (Jerry) HVS 12:10 – 12:50 Cycling (Candy) CY 1:00– 2:30 Drop-in Pickleball Beginners Only (TC)</p>	<p>Midday:</p> <p>12:00 – 1:00 Group Fight® (Carrie) SY</p>
<p>Evening:</p> <p>4:15 – 5:00 Dance Fitness (Jeni) SY 5:15– 6:15 Group Power® (Amanda) SY 5:15– 6:00 POUND® (Kelsey) HVS 5:30– 6:15 Cycling (Mary) CY 5:30–7:45 Drop-in Pickleball Beginners to Level 3.0 (TC)</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p><u>CHILD WATCH</u> (Ages 6 months—8 years) Monday through Thursday 8:30am - 11:30am 4:30pm - 7:30pm Saturdays 7:30am-10:30pm</p> </div>	<p>Evening:</p> <p>5:00– 5:45 Stretch into Yoga (Justin) SY</p> <p style="text-align: center;"><u>Location Key</u></p> <p>SY– Studio Y CR– Circuit Room CY - Cycling Studio HVS– Harborview Studio SG– Salutz Gym TC– Tennis Center</p>	<p>Evening:</p> <p>5:15–6:15 Group Power® (Melissa) SY 5:30–7:45 Drop-in Pickleball Beginners to Level 3.0 (TC) 6:30–7:15 Vinyasa Flow Yoga (Becky H.) HVS</p> <p style="text-align: center;">Be a Better YOU! Schedule your <u>Personal Training</u> appointment at the Membership Services Desk today!</p>



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THURSDAY	FRIDAY	SATURDAY
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Morning:

5:10– 6:10 Group Fight® (Jenny) **SY**
 5:15– 6:00 Cycling (Mary/Ann) **CY**
 6:00– 6:45 Sunrise Yoga Stretch
 (Cindy) **HVS**
 8:00–8:45 Body Sculpt (Cheryl) **SY**
 9:00–9:45 Flex + Flow (Cheryl) **SG**
 9:00– 9:45 Cardio Kickboxing (Gina) **SY**
 10:00–10:45 Stroller Strong (Keenie)
SG
 10:00– 10:45 Silver Sneakers® Circuit
 (Candy) **SY**

Morning:

5:15–6:15 R.I.P.P.E.D. Rumble® (Jenny K.) **SY**
 5:15– 6:10 Cycling (Cindy) **CY**
 7:45– 8:45 Group Power®
 (Jenny W.) **SY**
 8:15—8:45 Ride 30® (Carrie) **CY**
 9:00– 9:50 BARRE (Carrie) **SY**
 9:30– 11:30 Drop-in Pickleball
 Beginners to Level 3.0 **(TC)**
 10:00–10:45 Chair Yoga
 (Susan) **SY**

See **Weekend Schedule or Y360**
 for class listings

Midday:

11:00– 11:45 Tai Chi (Jerry) **HVS**
 12:10 - 12:50 Bootcamp (Candy) **SY**
 1:00– 2:30 Drop-in Pickleball
 Beginners Only **(TC)**

Evening:

5:30– 6:20 R.I.P.P.E.D.® (Doni) **SY**
 5:30—7:45 Drop-in Pickleball
 Beginners to Level 3.0 **(TC)**

SUNDAY

9:00—11:00 Drop-in Pickleball
 All Levels **(TC)**

CHILD WATCH
(Ages 6 months—8 years)

Monday through Thursday
 8:30am - 11:30am
 4:30pm - 7:30pm
Saturdays
 7:30am–10:30pm

Location Key

SY– Studio Y
CR– Circuit Room
CY - Cycling Studio
HVS– Harborview Studio
SG– Salutz Gym
TC– Tennis Center

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 today!