



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE AT THE Y

## Fall/Winter Session (09/03/2024-12/31/2024)

205 Maritime Dr.  
 Manitowoc, WI 54220

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

| MONDAY | TUESDAY | WEDNESDAY |
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|--|---|--|
| <p>Morning:</p> <p>5:15– 6:15 Group Power® (Carrie) <b>SY</b><br/>           5:30—6:15 Cycling (Sara) <b>CY</b><br/>           6:30—7:00 Cycling (Sara) <b>CY</b><br/>           7:40- 8:30 R.I.P.P.E.D.® (Doni) <b>SY</b><br/>           8:00– 10:00 Drop-in Pickleball<br/>               Players Above Level 3.0 <b>(TC)</b><br/>           8:45-9:45 Rhythm Aerobics (Cheryl) <b>SY</b><br/>           9:00– 9:45 Yoga (Candy) <b>SG</b><br/>           10:00- 10:45 Silver Sneakers® Circuit<br/>               (Candy) <b>SY</b></p> | <p>Morning:</p> <p>5:15– 6:15 Group Ride® (Carrie K.) <b>CY</b><br/>           5:15–6:05 R.I.P.P.E.D.® (Jenny K.) <b>SG</b><br/>           6:00– 6:45 Sunrise Yoga Stretch<br/>               (Cindy) <b>HVS</b><br/>           8:00-8:45 Body Sculpt (Cheryl) <b>SY</b><br/>           9:00-9:45 Dance Fitness (Danielle) <b>SY</b><br/>           9:00-9:45 Flex + Flow (Cheryl) <b>SG</b><br/>           9:30– 11:30 Drop-in Pickleball<br/>               Beginners to Level 3.0 <b>(TC)</b><br/>           10:00– 10:45 Silver Sneakers® Yoga<br/>               (Candy) <b>SY</b></p> | <p>Morning:</p> <p>5:15– 6:15 Group Power®<br/>               (Jenny W.) <b>SY</b><br/>           7:40- 8:30 R.I.P.P.E.D.® (Doni) <b>SY</b><br/>           8:00—8:45 Cycling (Becky) <b>CY</b><br/>           8:00– 10:00 Drop-in Pickleball<br/>               Players Above Level 3.0 <b>(TC)</b><br/>           8:45-9:45 Rhythm Aerobics (Cheryl) <b>SY</b><br/>           9:00- 9:45 Stretch into Yoga (Justin) <b>SG</b><br/>           9:00 - 9:45 SOULfusion® (Danielle)<br/> <b>HVS</b><br/>           10:00-10:45 Silver Sneakers® Classic<br/>               (Cheryl) <b>SY</b><br/>           10:00—12:00 Drop-in Pickleball<br/>               All levels <b>(TC)</b></p> |
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| <p>Midday:</p> <p>12:10– 12:50 HIIT Strength (Molly) <b>SY</b></p> | <p>Midday:</p> <p>11:00– 11:45 Tai Chi (Jerry) <b>HVS</b><br/>           12:10 - 12:50 Outdoor Cycling (Candy)<br/> <b>Parking Lot or CY</b><br/>           1:00– 2:30 Drop-in Pickleball<br/>               Beginners Only <b>(TC)</b></p> | <p>Midday:</p> |
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| <p>Evening:</p> <p>4:15—5:30 Dance Fitness (Kelsey) <b>SY</b><br/>           4:45—5:30 POUND® (Kelsey) <b>HVS</b><br/>           5:15- 6:15 Group Power®<br/>               (Amanda) <b>SY</b><br/>           5:30- 6:15 Cycling (Mary) <b>CY</b><br/>           5:30-7:45 Drop-in Pickleball<br/>               Beginners to Level 3.0 <b>(TC)</b></p> | <p>Evening:</p> <p>5:15—6:00 Pilates (Carrie) <b>SY</b></p> <p style="text-align: center;"><a href="#">Location Key</a></p> | <p>Evening:</p> <p>5:15-6:15 Group Power® (Melissa) <b>SY</b><br/>           5:30—6:15 Cycling (Susie) <b>CY</b><br/>           5:30-7:45 Drop-in Pickleball<br/>               Beginners to Level 3.0 <b>(TC)</b><br/>           6:30-7:15 Vinyasa Flow Yoga<br/>               (Becky H.) <b>HVS</b></p> |
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CHILD WATCH  
**(Ages 6 months—8 years)**

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

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

**Be a Better YOU!**  
 Schedule your Personal Training  
 appointment at the  
 Membership Services Desk  
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| THURSDAY | FRIDAY | SATURDAY |
|----------|--------|----------|
|----------|--------|----------|

|  |  |  |
|--|--|--|
| <p>Morning:</p> <p>5:10– 6:10 Group Fight® (Jenny) <b>SY</b><br/>         5:15– 6:00 Cycling (Mary/Ann) <b>CY</b><br/>         6:00– 6:45 Sunrise Yoga Stretch<br/>         (Cindy) <b>HVS</b><br/>         8:00–8:45 Body Sculpt (Cheryl) <b>SY</b><br/>         9:00–9:45 Flex + Flow (Cheryl) <b>SG</b><br/>         9:00– 9:45 Cardio Kickboxing (Gina) <b>SY</b><br/>         10:00– 10:45 Silver Sneakers® Circuit<br/>         (Candy) <b>SY</b></p> <p>Midday:</p> <p>11:00– 11:45 Tai Chi (Jerry) <b>HVS</b><br/>         12:10 - 12:50 Bootcamp (Candy) <b>SY</b><br/>         1:00– 2:30 Drop-in Pickleball<br/>         Beginners Only <b>(TC)</b></p> | <p>Morning:</p> <p>5:15–6:15 R.I.P.P.E.D. Rumble® (Jenny K.) <b>SY</b><br/>         5:15– 6:10 Cycling (Cindy) <b>CY</b><br/>         7:45– 8:45 Group Power®<br/>         (Jenny W.) <b>SY</b><br/>         8:15—8:45 Ride 30® (Carrie) <b>CY</b><br/>         9:00– 9:50 BARRE (Carrie) <b>SY</b><br/>         9:30– 11:30 Drop-in Pickleball<br/>         Beginners to Level 3.0 <b>(TC)</b><br/>         10:00–10:45 Chair Yoga<br/>         (Susan) <b>SY</b></p> | <p>See <b>Weekend Schedule or Y360</b><br/>         for class listings</p> |
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|  |  | SUNDAY |
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| <p>Evening:</p> <p>5:30– 6:20 R.I.P.P.E.D.® (Doni) <b>SY</b><br/>         5:30—7:45 Drop-in Pickleball<br/>         Beginners to Level 3.0 <b>(TC)</b></p> |  | <p>9:00—11:00 Drop-in Pickleball<br/>         All Levels <b>(TC)</b></p> |
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