



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE AT THE Y

## Summer Session (5/28/2024-9/2/2024)

205 Maritime Dr.  
 Manitowoc, WI 54220

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

MONDAY	TUESDAY	WEDNESDAY
<p>Morning:</p> <p>5:15– 6:15 Group Power® (Carrie) <b>SY</b>            7:40– 8:30 R.I.P.P.E.D.® (Doni) <b>SY</b>            8:00– 10:00 Drop-in Pickleball                      Players Above Level 3.0 <b>(TC)</b>            8:45-9:45 Rhythm Aerobics (Cheryl) <b>SY</b>            9:00– 9:45 Yoga (Candy) <b>SG</b>            10:00– 10:45 Silver Sneakers® Circuit                      (Candy) <b>SY</b></p>	<p>Morning:</p> <p>5:15– 6:15 Group Ride® (Carrie K.) <b>CY</b>            5:15–6:05 R.I.P.P.E.D.® (Jenny K.) <b>SG</b>            6:00– 6:45 Sunrise Yoga Stretch                      (Cindy) <b>HVS</b>            8:00-8:45 Body Sculpt (Cheryl) <b>SY</b>            9:00-9:45 Dance Fitness (Danielle) <b>SY</b>            9:00-9:45 Flex + Flow (Cheryl) <b>SG</b>            9:30– 11:30 Drop-in Pickleball                      Beginners to Level 3.0 <b>(TC)</b>            10:00– 10:45 Silver Sneakers® Yoga                      (Candy) <b>SY</b></p>	<p>Morning:</p> <p>5:15– 6:15 Group Power®                      (Jenny W.) <b>SY</b>            7:40– 8:30 R.I.P.P.E.D.® (Doni) <b>SY</b>            8:00– 10:00 Drop-in Pickleball                      Players Above Level 3.0 <b>(TC)</b>            8:45-9:45 Rhythm Aerobics (Cheryl) <b>SY</b>            9:00– 9:45 Yoga (Susan) <b>SG</b>            9:00 – 9:45 SOULfusion® (Danielle)  <b>HVS</b>            10:00-10:45 Silver Sneakers® Classic                      (Cheryl) <b>SY</b>            10:00—12:00 Drop-in Pickleball                      All levels <b>(TC)</b></p>
<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>            12:10 – 12:55 Outdoor Cycling (Candy)  <b>(Parking lot)</b>            1:00– 2:30 Drop-in Pickleball                      Beginners Only <b>(TC)</b></p>	<p>Midday:</p>
<p>Evening:</p> <p>4:15 – 5:00 Dance Fitness (Jeni) <b>SY</b>            5:15– 6:15 Group Power®                      (Amanda) <b>SY</b>            5:15– 6:00 POUND® (Kelsey) <b>HVS</b>            5:30– 6:15 Cycling (Mary) <b>CY</b>            5:30-7:45 Drop-in Pickleball                      All levels <b>(TC)</b></p> <div style="border: 2px solid black; padding: 5px; margin-top: 10px;"> <p style="text-align: center; color: blue;"><u>CHILD WATCH</u></p> <p style="text-align: center;"><b>(Ages 6 months—8 years)</b></p> <p style="text-align: center;"><b>Monday through Thursday</b>            8:30am - 11:30am            4:30pm - 7:30pm  <b>Saturdays</b>            7:30am-10:30pm</p> </div>	<p>Evening:</p> <p>5:15—6:00 Human Reformer Pilates            (Carrie) <b>SY</b>            *Starts 6/25/2024            5:30—7:45 Drop-in Pickleball                      All levels <b>(TC)</b></p> <p style="text-align: center; color: blue;"><u>Location Key</u></p> <p><b>SY</b>– Studio Y  <b>CR</b>– Circuit Room  <b>CY</b> – Cycling Studio  <b>HVS</b>– Harborview Studio  <b>SG</b>– Salutz Gym  <b>TC</b>– Tennis Center</p>	<p>Evening:</p> <p>5:15-6:15 Group Power® (Melissa) <b>SY</b>            5:30-7:45 Drop-in Pickleball                      Beginners to Level 3.0 <b>(TC)</b>            6:30-7:15 Vinyasa Flow Yoga                      (Becky H.) <b>HVS</b></p> <p style="text-align: center; font-weight: bold; color: gray;">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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<p>Morning:</p> <p>5:10– 6:10 Group Fight® (Jenny) <b>SY</b>          5:15– 6:00 Cycling (Mary/Ann) <b>CY</b>          6:00– 6:45 Sunrise Yoga Stretch          (Cindy) <b>HVS</b>          8:00–8:45 Body Sculpt (Cheryl) <b>SY</b>          9:00–9:45 Flex + Flow (Cheryl) <b>SG</b>          9:00– 9:45 Cardio Kickboxing (Gina) <b>SY</b>          10:00– 10:45 Silver Sneakers® Circuit          (Candy) <b>SY</b></p> <p>Midday:</p> <p>11:00– 11:45 Tai Chi (Jerry) <b>HVS</b>          12:10 - 12:50 Bootcamp (Candy) <b>SY</b>          1:00– 2:30 Drop-in Pickleball          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>          5:15– 6:10 Cycling (Cindy) <b>CY</b>          7:30—9:30 Drop-in Pickleball          Players Above Level 3.0 <b>(TC)</b>          7:45– 8:45 Group Power®          (Jenny W.) <b>SY</b>          8:15—8:45 Ride 30® (Carrie) <b>CY</b>          9:00– 9:50 BARRE (Carrie) <b>SY</b>          9:30– 11:30 Drop-in Pickleball          Beginners to Level 3.0 <b>(TC)</b>          10:00–10:45 Chair Yoga          (Susan) <b>SY</b></p>	<p>See <b>Weekend Schedule or Y360</b>          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>          5:30—7:45 Drop-in Pickleball          Beginners to Level 3.0 <b>(TC)</b></p>		<p>9:00—11:00 Drop-in Pickleball          All Levels <b>(TC)</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

Location Key

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

**Be a Better YOU!**  
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 today!