



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

*It's never too early
or too late to
work towards to
being the
healthiest you.*

June Weekends Schedule

SATURDAYS – Studio Y

June 1

8:00AM

Group Power® - Amanda

9:00AM

NO CLASS

June 8

8:00AM

Body Sculpt—Cheryl

9:00AM

Yoga/Foam Rolling—Susan

June 15—Maritime Museum Rooftop

8:30AM

Dance Fitness—Danielle

9:15AM

BARRE/Pilates—Carrie

June 22

8:00AM

RIPPED® —Doni

9:00AM

Group Power® - Melissa

June 29

8:00AM

Group Fight® - Jenny

9:00AM

NO CLASS

SUNDAY POP-UP

June 9

9:15AM

Human Reformer Pilates—Carrie

SATURDAY CYCLING – Cycling Studio

DATE

6:15 AM

June 1

Mary

June 8

Ann

June 15

Cindy

June 22

Mary

June 29

Cindy

FIN



YouTube



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