



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

“Of course it’s
hard. It’s sup-
posed to be
hard. If it were
easy, everybody
would do it.
Hard is what
makes it
great.”



You Tube



MANITOWOC-TWO RIVERS Y
205 Maritime Drive
Manitowoc, WI 54220
P 920-682-0341
F 920-682-2620
www.mtrymca.org

March Weekend Schedule

SATURDAYS – Studio Y

<u>DATE</u>	<u>8:00AM</u>	<u>9:00AM</u>
March 2	Cardio Kickboxing—Gina	Group Power® —Melissa
March 9	RIPPED® - Doni	Group Power® —Amanda
March 16	Kettlebell AMPD® - Danielle	SOULfusion® - Danielle
March 23	Group Power® —Carrie	Group Fight® - Carrie
March 30	Dance Fitness—Jeni B.	Group Power® —Melissa

SATURDAY CYCLING – Cycling Studio

<u>DATE</u>	<u>6:15 AM</u>
March 2	Mary
March 9	Cindy
March 16	Ann
March 23	Mary
March 30	Cindy

CYCLING POP-UP—2000’s Club Favorites

Becky R.—Friday, March 22nd

5:00pm—5:45pm