



# Manitowoc - Two Rivers YMCA

March 1st - March 31st

205 Maritime Drive  
MANITOWOC, WI 54220  
(920) 682-0341

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<b>Group Power</b> Studio Y 5:15am - 6:15am	<b>R.I.P.P.E.D.</b> Studio Y 5:15am - 6:05am	<b>Group Power</b> Studio Y 5:15am - 6:15am	<b>Group Fight</b> Studio Y 5:10am - 6:10am	<b>R.I.P.P.E.D. RUMBLE</b> Studio Y 5:15am - 6:15am		
		<b>Group Ride</b> Cycling Studio 5:15am - 6:15am		<b>Cycling</b> Cycling Studio 5:15am - 6am	<b>Cycling</b> Cycling Studio 5:15am - 6:10am		
6am		<b>Sunrise Yoga Stretch</b> Harborview Studio 6am - 6:45am		<b>Sunrise Yoga Stretch</b> Harborview Studio 6am - 6:45am		<b>Cycling</b> Cycling Studio 6:15am - 7:15am	
7am	<b>R.I.P.P.E.D.</b> Studio Y 7:40am - 8:30am		<b>R.I.P.P.E.D.</b> Studio Y 7:40am - 8:30am		<b>Group Power</b> Studio Y 7:45am - 8:45am		
8am	<b>Rhythm Aerobics</b> Studio Y 8:50am - 9:45am	<b>Body Sculpt</b> Studio Y 8am - 8:45am	<b>Rhythm Aerobics</b> Studio Y 8:50am - 9:45am	<b>Body Sculpt</b> Studio Y 8am - 8:45am	<b>Ride 30</b> Cycling Studio 8:15am - 8:45am		
9am	<b>Dance Fitness</b> Studio Y 9am - 9:45am	<b>Dance Fitness</b> Studio Y 9am - 9:45am	<b>SOULfusion™</b> Harborview Studio 9am - 9:45am	<b>Cardio Kickboxing</b> Studio Y 9am - 9:45am	<b>BARRE</b> Studio Y 9am - 9:50am		
	<b>Cycling</b> Cycling Studio 9am - 9:45am	<b>Flex &amp; Flow</b> Salutz Gym 9am - 9:45am	<b>Yoga</b> Salutz Gym 9am - 9:40am	<b>Flex &amp; Flow</b> Salutz Gym 9am - 9:45am			
	<b>Yoga</b> Salutz Gym 9am - 9:45am						
10am	<b>Wiggles &amp; Giggles</b> Salutz Gym 10am - 11am	<b>Silver Sneakers Yoga</b> Studio Y 10am - 10:45am	<b>Wiggles &amp; Giggles</b> Salutz Gym 10am - 11am	<b>Stroller Strong</b> Salutz Gym 10am - 10:45am	<b>Chair Yoga</b> Studio Y 10am - 10:45am		
	<b>Silver Sneakers Circuit</b> Studio Y 10am - 10:45am		<b>Silver Sneakers Classic</b> Studio Y 10am - 10:45am	<b>Silver Sneakers Circuit</b> Studio Y 10am - 10:45am			
11am		<b>Tai Chi</b> Harborview Studio 11am - 11:45am		<b>Tai Chi</b> Harborview Studio 11am - 11:45am			
12pm	<b>HIIT Strength</b> Studio Y 12:10pm - 12:50pm	<b>Cycling</b> Cycling Studio 12:10pm - 12:50pm	<b>Group Fight</b> Studio Y 12pm - 1pm	<b>Boot Camp</b> Studio Y 12:10pm - 12:50pm			
4pm	<b>Dance Fitness</b> Studio Y 4:15pm - 5pm						
5pm	<b>Group Power</b> Studio Y 5:15pm - 6:15pm	<b>Stretch into Yoga</b> Studio Y 5pm - 5:45pm	<b>Group Power</b> Studio Y 5:15pm - 6:15pm	<b>R.I.P.P.E.D.</b> Studio Y 5:30pm - 6:20pm			
	<b>POUND</b> Harborview Studio 5:15pm - 6pm		<b>Cycling</b> Cycling Studio 5:30pm - 6:15pm				
	<b>Cycling</b> Cycling Studio 5:30pm - 6:15pm						

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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6pm

MON	TUE	WED	THU	FRI	SAT	SUN
	<b>Tae Kwon Do</b> Studio Y 6:30pm - 7:30pm	<b>Tae Kwon Do</b> Studio Y 6:30pm - 7:30pm				
		<b>Vinyasa Flow Yoga</b> Harborview Studio 6:30pm - 7:15pm				

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