



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Set goals.

Crush them.

Repeat.

May Weekend Schedule

SATURDAYS – Studio Y

May 4

8:00AM

Group Fight® - Carrie

9:00AM

Group Power® - Amanda

May 11

8:00AM

Soulfusion®—Danielle

9:00AM

Dance Fitness—Danielle

May 18

8:00AM

R.I.P.P.E.D.® - Doni

9:00AM

Group Power® - Carrie

May 25

8:00AM

Barre® - Carrie

9:00AM

Group Power® - Amanda

SATURDAY CYCLING – Cycling Studio

DATE

6:15 AM

May 4

Mary

May 11

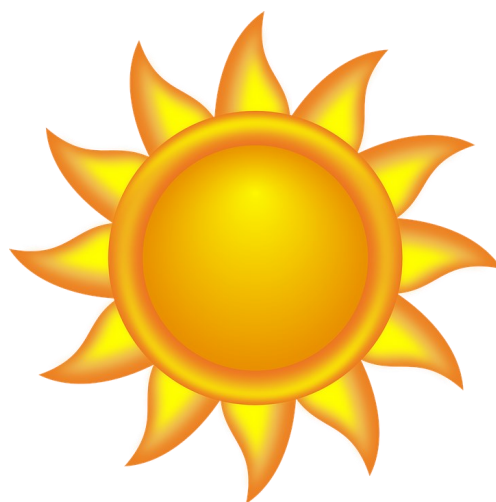
Ann

May 18

Cindy

May 25

Cindy



FIN



YouTube



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