

Holy Family Memorial
Wellness Center presents

Summer Pop-Up Classes



Get outdoors. Get active. Have fun.

Join us for free group fitness classes throughout the summer! All fitness levels are welcome. Preregistration is not required. Visit the HFM Wellness Center Facebook page for event updates.

Enjoy your pop-up workout?

Join the Holy Family Memorial Wellness Center. Have your instructor sign this card. Turn in card to the Holy Family Memorial Wellness Center front desk for **no-cost enrollment** when you join. Expires Sept. 30, 2022.

Instructor signature

Date



Holy Family Memorial

Sponsored by the Franciscan Sisters of Christian Charity

FREE Group Fitness Locations

Farmer's Market

720 Quay St., Manitowoc
Saturdays, 10 a.m.

June 11

High Intensity Interval Training
(HIIT) — Sandra

July 9

Yoga — Kathy

Aug. 13

Zumba — Elizabeth

Sabbatical Brewing Co.

835 S. 29th St., Manitowoc
Wednesdays, 5 p.m.

June 22

POUND (Cardio jam session) — Megan

July 20

Yoga — Megan

Wed., Aug. 24

Yoga — Kathy

Froedtert Health complies with applicable federal civil rights laws and does not discriminate, exclude or treat people differently on the basis of race, color, national origin, age, disability, sex, religion, political beliefs, sexual orientation or filing of a prior civil rights complaint. **Attention:** If you speak another language, assistance services, free of charge, are available to you. Call: **414-805-3000 (TTY: 1-800-947-3529)** **Español (Spanish):** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al: **414-805-3000 (TTY: 1-800-947-3529)** **Hmoob (Hmong):** LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau: **414-805-3000 (TTY: 1-800-947-3529)**