



Woodson YMCA Group Exercise Schedule

ASPIRUS BRANCH Summer Session

June 10th-September 1st Updated 6/17/19

LIMITED CLASSES JULY 1st- 7th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:00am Cycling Studio C- Jenn A	5:10-5:55am Pump & Jump Studio B- Kara T	5:15-6:00am Cycling Studio C-Jana S	5:15-6:00am TRX Studio A-Rotation	5:10-5:55am Pump & Jump Studio B- Kara T	No Saturday classes. See you in the fall! Enjoy the summer!
8:30-9:30am Deep Water Ex. Pool- Nancy Y	5:15-6:00am Rise and Flow Yoga* Studio A-Jenn A	8:30-9:30am Deep Water Ex. Pool- Mary	5:10-5:55am Strength & Cond. Studio B-Laurie S	5:15-6:00am Cycling Studio C- Randy	
9:00-9:45am HIIT Zen Studio B- Natalie	8:30-9:30am Deep Water Ex Pool- Dona S	9:00-9:45am Fitness Frenzy Studio B-Chuck	8:30-9:30am Deep water Ex. Pool-Kitty	8:30-9:30am Deep Water Ex. Pool- Cindy	
10:00-11:00am Wise Y's Strength Studio B-Cindy	9:00-9:45am TRX Boot Camp Studio A-Shannon/Tonya	10:00-11:00am Wise Y's Strength Studio B-Kay P	9:00-10:00am Zumba Studio A-Jessica	9:00-10:00 Yoga* Studio B-Kerri	
11:05am-12:05pm Senior Stretch & Strength Studio B- Cindy	9:00-9:45am ZUMBA Studio B-Eduardo	11:05-12:05pm Silver Sneakers Classic Studio B-Kay P	9:00-9:45am Kettlebell Express Studio B-Carrie H	9:00-9:50am Fitness Frenzy Studio A- Shannon	
5:30-6:15pm Zumba Studio B-Melani	10:00-10:45am Gentle Cycle Studio C-Becky	5:30-6:30pm Strength & Conditioning Studio B-Julie M	10:00-10:45am Zumba Gold Studio A-Linda	10:15-11:00am Wise Y's Strength Studio B- Cindy	
5:45-6:30pm Balanced Health Yoga* Studio A- Roxie B	4:30-5:20pm Yoga For All Levels* Studio A- Sue	6:30-7:15pm ZUMBA Studio-Erick (Starts June 19 th)	4:30-5:20pm Yoga For All Levels* Studio A- Rotation	11:05am-12:05pm Senior Stretch & Strength Studio B-Cindy	
6:20-7:20pm Boot Camp Studio B-Heidi	5:30-6:00pm Power to the Core Studio B- Jamie (Starts July 9 th)		5:30-6:30pm Burn and Sculpt Studio B- Jamie/Lindy		
6:30-7:30pm Aqua Fit In the Deep Pool- Rotation					
7:00-8:00pm Advanced Taekwondo** Studio A-Michael	7:00-8:00pm Beginner Taekwondo** Studio A-Michael		7:00-8:00pm Advanced & Begin. Taekwondo** Studio A-Michael		

*indicates classes that require participation in our \$10 per month unlimited yoga pass to attend

**indicates a class with an additional fee or special requirements, please see the member service desk for more information

Ages 12 and up may participate classes Schedule subject to change based on class enrollment