



Woodson YMCA Group Exercise Schedule WAUSAU BRANCH –Summer Session

*****NEW LOCATIONS GYM/YOGA STUDIO*****

Summer June 10th - September 1st

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:05-6:00am Slow Flow * Yoga Studio- Karla S	5:10-5:55am Total Body Conditioning Gym-Betsy S.	5:05-6:00am Restorative Yoga * Yoga Studio-Karla S	5:10-5:55am Total Body Conditioning Gym-Sheila K	5:10-5:55am TRX Fusion Gym-Alan S	7:45-8:45am Yoga For All* Yoga Studio-Rotation
6:05-6:45am HIIT GYM - Betsy S	6:00-6:45am Water Resistance Rev. North Pool- Jeanette C	5:30-6:15am Aqua Mash up North Pool-Melani	6:00-6:45am Water Resistance Rev. North Pool- Jeanette C	6:05-6:45am Bootcamp GYM - Betsy S	12:00-1:00pm Karate** Preschool Gym-Pat
6:45-7:45am Yoga for All Levels* Yoga Studio- Nancy B	6:00-6:45am Cycling North Studio- Larissa C (ends June 25)	6:05-6:45am Bootcamp Gym- Loreen G	6:00-6:45am Cycling North Studio- Laurie M (ends June 27)	8:00-8:45am Silver Sneakers Circuit GYM - Pam	
8:00-8:45am Silver Sneakers Yoga GYM - Nancy B	6:00-6:45am P90X LIVE! Gym-Laura L	9:00-9:45am Shallow Water X North Pool- Cynthia	6:45-7:45am Yoga for All Levels* Yoga Studio-Nancy B	9:00-10:00am Tai Chi Fundamentals Yoga Studio- Lee K	
9:00-9:45am Shallow Water X North Pool-Dianne	7:00-8:00am Power Yoga* Yoga Studio- Angie	9:00-10:00am Aqua-Fit In the Deep South Pool- Jody T	8:00-8:45am Silver Sneakers Yoga GYM - Nancy B	9:00-9:45am Shallow Water X North Pool- Wayne D	
9:00-10:00am Intro to Strength GYM – Amy/Shannon	9:00-9:45am Shallow Water X North Pool- Linda	9:15-10:00am Strength & Conditioning GYM - Shannon	9:00-9:45am Shallow Water X North Pool- Rotation	9:00-10:00am Zumba GYM - Jessica A	
9:00-10:00am Aqua Fit in the Deep South Pool- Sara G	9:00-9:45am Strong by Zumba GYM - Jessica A	9:15-10:00am Gentle Cycle North Studio- Becky (ends June 26 th)	10:15-11:00am Silver Sneakers Classic GYM - Hannah A	10:15-11:15am Yoga For All * Yoga Studio- Nancy B	
10:00-11:00am Vinyasa Flow* Yoga Studio- Rebecca	9:15-10:15am Vinyasa Flow * Yoga Studio- Kerri S	10:00-10:45am Aqua Zumba North Pool-Hannah A	12:05-12:50 Deep Release Yoga* Yoga Studio-Gina		
10:00-10:45am Aqua Zumba North Pool- Hannah A	10:30-11:30am Slow Flow * Yoga Studio- Kerri S	10:00-10:45am Ai Chi South Pool- Alice	5:10-6:10pm Strength & Conditioning GYM - Amy S		
10:00-10:45am Ai Chi South Pool- Marilyn	10:15-11:00am SilverSneakers Circuit GYM - Robin	10:05-11:05am All Levels Power Yoga* Yoga Studio- Leanne S	5:45-6:45pm Power Vinyasa * Yoga Studio- Angie G		
10:15-11:00am Flexible Strength GYM - Lori H	12:05-12:50pm Fitness Frenzy Yoga Studio- Shannon	10:15-11:00am Flexible Strength GYM - Lori H			
12:05-12:50pm PLYO HIIT Yoga Studio - Kris S	5:30-6:15pm Zumba GYM - Doug	12:05-12:50pm Boxing & Bags Yoga Studio- Jessie J			
1:00-1:45pm Better Movement ** Yoga Studio - Logan H	5:30-6:30pm Vinyasa Flow* Yoga Studio-Mary	4:45-5:45pm Vinyasa Flow* Yoga Studio-Gina			
4:45-5:15pm Step Express GYM - Becky Z		6:30-7:30pm Gentle Yoga* Yoga Studio- Katy			
5:15-6:15pm Flow Yoga* Yoga Studio-Tamera					

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

**indicated a class with an additional fee or special sign up, please see the member service desk for more information

Ages 12 and up may participate classes

Schedule subject to change based on class enrollment