



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Unlimited Yoga Classes: Summer June 10-September 2** (UPDATED 6/10/2019)

\$10/month gives you unlimited access to all these classes, see the front desk for more details

<u>DAY</u>	<u>CLASS</u>	<u>TEACHER</u>	<u>TIME</u>	<u>BRANCH</u>
MONDAY	SLOW FLOW	KARLA	5:05-6:00AM	WAUSAU
MONDAY	YOGA FOR ALL LEVELS	NANCY	6:45-7:45AM	WAUSAU
MONDAY	VINYASA FLOW	REBECCA	10:00-11:00AM	WAUSAU
MONDAY	FLOW YOGA	TAMERA	5:15-6:15PM	WAUSAU
MONDAY	BALANCED HEALTH YOGA	ROXIE	5:45-6:30PM	ASPIRUS
TUESDAY	RISE & FLOW YOGA	JENN	5:15-6:00AM	ASPIRUS
TUESDAY	POWER YOGA	ANGELA	7:00-8:00AM	WAUSAU
TUESDAY	VINYASA FLOW	KERRI	9:00-10:00AM	WAUSAU
TUESDAY	SLOW FLOW	KERRI	10:15-11:15AM	WAUSAU
TUESDAY	YOGA FOR ALL LEVELS	SUE	4:30-5:20PM	ASPIRUS
TUESDAY	VINYASA FOR ALL	MARY	5:30-6:30PM	WAUSAU
TUESDAY	PILATES	JENN	6:00-7:00PM	ASPIRUS
WEDNESDAY	RESTORATIVE YOGA	KARLA	5:05-6:00AM	WAUSAU
WEDNESDAY	ALL LEVELS POWER YOGA	LEANNE	10:05-11:05AM	WAUSAU
WEDNESDAY	VINYASA FLOW	GINA	4:45-5:45PM	WAUSAU
WEDNESDAY	GENTLE YOGA	KATY	6:30-7:30PM	WAUSAU
THURSDAY	YOGA FOR ALL LEVELS	NANCY	6:45-7:45AM	WAUSAU
THURSDAY	DEEP RELEASE YOGA	GINA	12:05-12:55PM	WAUSAU
THURSDAY	YOGA FOR ALL LEVELS	ROTATION	4:30-5:20PM	ASPIRUS
THURSDAY	POWER VINYASA	ANGIE G	5:45-6:45PM	WAUSAU
FRIDAY	YOGA	KERRI	9:00-10:00AM	ASPIRUS
FRIDAY	YOGA FOR ALL	NANCY	10:15-11:15AM	WAUSAU
SATURDAY	YOGA FOR ALL	ROTATION	7:45-8:45AM	WAUSAU