



# June Group Exercise WAUSAU BRANCH SCHEDULE

All Classes are Included in Your Membership  
Except Unlimited Yoga is \$15/Per Month

## SUMMER HOURS

Monday – Friday 5am – 8pm

Saturday 7am – 5pm

Sunday 10am – 2pm

### Monday

6:00 – 6:45 AM
<b>Cycling</b> Cycling Studio   Chris P
6:00 – 6:45 AM
<b>Tabata Boot Camp</b> Group Ex Studio   Betsy S
8:30 – 9:15 AM
<b>Cycling</b> Cycling Studio   Renée G
9:00 – 9:45 AM
<b>Shallow Water Exercise</b> North Pool   Diann N/Renee C
9:00 – 9:55 AM
<b>Deep Water Exercise</b> South Pool   Diane M
9:15 – 10:00 AM
<b>Boxing &amp; Bags</b> Group Ex Studio   Jessie J
9:00 – 9:45 AM
<b>Zumba Gold</b> Program Gym/Virtual   Pam M
10:00 – 10:45 AM
<b>Silver Sneakers Circuit</b> Program Gym/Virtual   Robin N
10:15 – 11:00 AM
<b>Strength &amp; Conditioning</b> Group Ex Studio   Renée G
10:15 – 11:15 AM ★ YOGA ★
<b>Yoga</b> Yoga Studio   Jamy K
4:15 – 5:00 PM
<b>Pump &amp; Jump</b> Group Ex Studio   Kara T
5:30 – 6:15 PM
<b>HIIT</b> Group Ex Studio   Carrie H
5:30 – 6:30 PM ★ YOGA ★
<b>Warm Yoga</b> Yoga Studio   Kate T
5:45 – 6:30 PM
<b>Zumba</b> Program Gym   Doug J
6:30 – 7:15 PM
<b>Boxing Basics</b> Group Ex Studio   Chuck Z

### Tuesday

5:15 – 6:00 AM
<b>Kickboxing &amp; Strength</b> Group Ex Studio   Lisa S
6:00 – 6:45 AM
<b>Cycling</b> Cycling Studio   Betsy S
9:00 – 9:45 AM
<b>TRX</b> Small Group Training   Laura L
9:00 – 9:45 AM
<b>Silver Sneakers Splash</b> North Pool   Karen S
9:00 – 9:45 AM
<b>Flexible Strength</b> Program Gym   Lori H
9:00 – 10:00 AM ★ YOGA ★
<b>Gentle Flow Yoga</b> Yoga Studio   Kate T
10:15 – 11:00 AM
<b>Mindful Meditation</b> Yoga Studio   Kris K
10:15 – 11:00 AM
<b>55+ Strong</b> Program Gym/Virtual   Lori H
5:00 – 6:00 PM ★ YOGA ★
<b>Yoga Flow</b> Yoga Studio   Kylee K
5:30 – 6:30 PM
<b>Total Body Strength</b> Group Ex Studio   Laura L

### Wednesday

6:00 – 6:45 AM
<b>Bollywood Body</b> Group Ex Studio   Swati B
8:30 – 9:15 AM
<b>Zumba</b> Group Ex Studio   Kirsten
9:00 – 9:45 AM
<b>Shallow Water Exercise</b> North Pool   Cynthia A
9:00 – 9:55 AM
<b>Deep Water Exercise</b> South Pool   Renee C
9:00 – 10:00 AM
<b>Strength &amp; Conditioning</b> Program Gym   Kim C
9:00 – 10:00 AM ★ YOGA ★
<b>Yoga</b> Yoga Studio   Kerri S
9:45 – 10:30 AM
<b>Silver Sneakers Yoga</b> Group Ex. & Virtual   Pam H
10:00 – 10:45 AM
<b>Ai Chi</b> South Pool   Renee C
10:15 – 11:15 AM ★ YOGA ★
<b>Power Yoga Flow</b> Yoga Studio   Leann S
10:45 – 11:30 AM
<b>Flexibility &amp; Balance</b> Group Ex. & Virtual   Pam H
4:15 – 5:00 PM
<b>Dance Fitness</b> Group Ex Studio   Kara T
5:30 – 6:15 PM
<b>Tabata Boot Camp</b> Group Ex Studio   Melissa C
5:30 – 6:30 PM ★ YOGA ★
<b>Deep Release Yoga</b> Yoga Studio   Jamy K

### Thursday

5:15 – 6:00 AM
<b>Strength &amp; Conditioning</b> Group Ex Studio   Lisa S
6:00 – 6:45 AM
<b>Cycling</b> Cycling Studio   Betsy S
7:30 – 8:30 AM ★ YOGA ★
<b>Vinyasa Flow</b> Yoga Studio   Rebecca O
9:00 – 9:45 AM
<b>Shallow Water Exercise</b> North Pool   Steve R
9:00 – 9:45 AM
<b>Butts &amp; Guts</b> Group Ex. & Virtual   Fred T
9:00 – 9:45 AM
<b>HIIT</b> Program Gym   Renée G
9:00 – 10:00 AM
<b>Barre</b> Yoga Studio   Kim C
10:00 – 10:45 AM
<b>Silver Sneakers Enerchi</b> Group Ex. & Virtual   Lee K
11:00 – 11:45 AM
<b>Silver Sneakers Yoga</b> Group Ex. & Virtual   Lee K
5:30 – 6:30 PM
<b>Total Body Strength</b> Group Ex Studio   Susan
6:00 – 7:00 PM ★ YOGA ★
<b>Yoga Flow</b> Yoga Studio   Kaycee A

### Friday

5:15 – 6:00 AM
<b>TRX Boot Camp</b> Small Group Training   Alan S
6:00 – 6:45 AM
<b>Boot Camp</b> Group Ex Studio   Betsy S
6:00 – 7:00 AM ★ YOGA ★
<b>Slow Flow Yoga</b> Yoga Studio   Amy M
9:00 – 9:45 AM
<b>Shallow Water Exercise</b> North Pool   Renee C /Karen S
9:00 – 9:45 AM
<b>Tabata Boot Camp</b> Group Ex Studio   Melissa C
9:00 – 10:00 AM
<b>Zumba</b> Program Gym   Jessica A
9:00 – 10:00 AM ★ YOGA ★
<b>Yoga Flow</b> Yoga Studio   Jamy K
10:15 – 11:00 AM
<b>Full Body Fitness</b> Program Gym/Virtual   Fred T
11:15 AM – 12:00 PM
<b>Zumba Gold</b> Program Gym/Virtual   Pam M

### Saturday

7:45 – 8:45 AM ★ YOGA ★
<b>Yoga</b> Yoga Studio   Rotation
9:00 – 9:45 AM
<b>Zumba / Dance Fitness</b> Group Ex Studio   Rotation
9:15 – 10:15 AM
<b>Barre</b> Yoga Studio   Natalie O

### Sunday

10:30 – 11:30 AM
<b>Yoga Body Boot Camp</b> Group Ex Studio   Laura L

### Class Key

GROUP EXERCISE

WATER EXERCISE

LOW IMPACT

UNLIMITED ★ YOGA ★  
\$15 PER MONTH

### Get Our App!

To find out more about  
our app, scan this code.



### Scan for Wausau Class Info on our Website

- Rotation Instructors
- Class Location
- Class Cancellation





# June Group Exercise ASPIRUS BRANCH SCHEDULE

All Classes are Included in Your Membership  
Except Unlimited Yoga is \$15/Per Month

## SUMMER HOURS

Monday – Friday 5am – 8pm

Saturday 7am – 5pm

Sunday 10am – 2pm

### Monday

5:15 – 6:00 AM

**Strength & Conditioning**  
Studio B | Renée G

8:30 – 9:30 AM

**Deep Water Exercise**  
Pool | Nancy Y

10:00 – 11:00 AM

**Low Impact  
Strength & Stretch**  
Studio B | Cindy

11:15 AM – 12:15 PM

**Silver Sneakers Classic**  
Studio B | Cindy

6:00 – 6:45 PM

**Sculpt & Sweat**  
Studio B | Miranda R

### Tuesday

5:15 – 6:00 AM ★ YOGA ★

**Rise & Flow Yoga**  
Studio A | Jenn A

8:30 – 9:30 AM

**Deep Water Exercise**  
Pool | Dona S

9:00 – 9:45 AM

**HIIT**  
Studio B | Renée G

10:00 – 11:00 AM

**Wise Y**  
Studio B | Kay

11:15 AM – 12:15 PM

**Silver Sneakers Classic**  
Studio B | Kay

5:30 – 6:15 PM

**Boxing Basics**  
Studio B | Chuck Z

5:30 – 6:30 PM ★ YOGA ★

**Yoga**  
Studio A | Sue S

### Wednesday

5:15 – 6:00 AM

**Cycling**  
Studio C | Renée G

8:30 – 9:30 AM

**Deep Water Exercise**  
Pool | Mary B

9:00 – 9:45 AM

**Core Strength**  
Studio A | Renée G

10:00 – 11:00 AM

**Low Impact  
Strength & Stretch**  
Studio B | Cindy

11:15 AM – 12:15 PM

**Silver Sneakers Classic**  
Studio B | Cindy

5:30 – 6:30 PM

**Strength & Conditioning**  
Studio B | Julie M

### Thursday

5:15 – 6:00 AM

**Strength & Conditioning**  
Studio B | Laurie S

8:30 – 9:30 AM

**Deep Water Exercise**  
Pool | Kitty G

9:00 – 9:45 AM

**Dance Fitness**  
Studio B | Sarah L

10:00 – 11:00 AM

**Wise Y**  
Studio B | Kay

11:15 AM – 12:15 PM

**Silver Sneakers Classic**  
Studio B | Kay

5:30 – 6:30 PM ★ YOGA ★

**Yoga**  
Studio A | Roxie B

### Friday

5:15 – 6:00 AM

**Cycling**  
Studio C | Jenn A

8:30 – 9:30 AM

**Deep Water Exercise**  
Pool | Cindy G

10:00 – 11:00 AM

**Wise Y**  
Studio B | Cindy

11:15 AM – 12:15 PM

**Silver Sneakers Classic**  
Studio B | Cindy

### Saturday

10:30 – 11:30 AM ★ YOGA ★

**Yoga for Every Body**  
Studio A | Becca W

### Class Key

GROUP EXERCISE

WATER EXERCISE

LOW IMPACT

UNLIMITED ★ YOGA ★  
\$15 PER MONTH

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- Class Location
- Class Cancellation



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**YOGA**  
UNLIMITED CLASSES

**\$15/MONTH**  
MEMBERS ONLY





**Mom + Baby Yoga**



**24/7 ACCESS**  
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**24  
HOURS**

**WORKOUT ANYTIME!**

