

### Wausau Branch

**Monday**  
Zumba Gold  
9:00-9:45am

**Pam | V**  
Program Gym  
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**SilverSneakers**  
Circuit  
10:00-10:45am  
**Robin | V**  
Program Gym  
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**Tai Chi II**  
11:15-12:00pm  
**Colleen**  
Group Ex.  
Studio | Ends 4/1  
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**Tai Chi Continuing**  
12:15-1:00pm  
**Colleen**  
Group Ex.  
Studio | Ends 4/1

**Tuesday**  
SilverSneakers  
Splash  
9:00-9:45am  
**Karen**  
North Pool  
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**55+ Strong**  
10:15-11:00am  
**Lori | V**  
Program Gym  
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**Moving for Better**  
Balance  
12:00-1:00pm  
**Colleen | Ends 4/2**  
Group Ex.  
Studio  
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**Urban Line**  
Dance  
1:15-2:15pm  
**Randy & Marilyn**  
Group Ex. Studio | Ends 3/19  
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**Ballroom Dance Lessons**  
6:45-8:15pm  
**Randy & Marilyn**  
Group Ex. Studio | Ends 3/19

**Wednesday**  
Gentle Cycle  
9:00-9:30am  
**Pam & Lee**  
Cycling Studio  
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**SilverSneakers**  
Yoga  
9:45-10:30am  
**Pam | V**  
Group Ex. Studio  
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**Flexibility, Balance**  
& Breath  
10:45-11:30am  
**Pam | V**  
Group Ex.  
Studio

**Thursday**  
Butts & Guts  
9:00-9:45am  
**Fred | V**  
Group Ex. Studio  
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**SilverSneakers**  
Enerchi  
10:00-10:45am  
**Lee | V**  
Group Ex. Studio  
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**SilverSneakers**  
Yoga  
11:00-11:45am  
**Lee | V**  
Group Ex. Studio  
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**Moving for Better**  
Balance  
12:00-1:00pm  
**Colleen | Ends 4/2**  
Group Ex. Studio  
\*\*\*\*\*  
**Low Impact Stretch**  
& Strength  
1:00-2:00pm  
**Trish**  
Group Ex. Studio  
Coming March 21st

**Friday**  
Full Body  
Fitness  
10:15-11:00am  
**Fred | V**  
Program Gym  
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**Zumba Gold**  
11:15-12:00pm  
**Pam | V**  
Program Gym

### Aspirus Branch

**Monday**  
Low Impact  
Stretch & Strength  
10:00-11:00am  
**Cindy | Studio B**  
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**SilverSneakers**  
Classic  
11:00-12:00pm  
**Cindy | Studio B**

**Wednesday**  
Low Impact  
Stretch & Strength  
10:00-11:00am  
**Cindy | Studio B**  
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**SilverSneakers**  
Classic  
11:00-12:00pm  
**Cindy | Studio B**

**Thursday**  
Gentle Stretch  
& Balance  
10:30-11:15am  
**Kerry | Studio B**  
Coming March 14th

**Friday**  
Low Impact  
Strength &  
Conditioning  
10:00-10:45  
**Amber | Studio B**

Registration is only required for virtual classes. Virtual Classes have a V listed next to the instructors name.

**Highlighted classes are a series and there is a fee to participate**