



# April Group Exercise WAUSAU BRANCH SCHEDULE

All Classes are Included in Your Membership for Ages 12+  
★ Except Unlimited Yoga is \$15/Per Month

## YMCA HOURS

Monday – Friday 5am – 9pm  
Saturday 7am – 5pm  
Sunday 10am – 5pm

### Monday

5:15 – 6:15 AM ★ YOGA ★ Rise & Flow Yoga Yoga Studio   Mandy R
6:00 – 6:45 AM Cycling Cycling Studio   Chris P
6:00 – 6:45 AM Tabata Boot Camp Group Ex Studio   Betsy S
8:30 – 9:15 AM Cycling Cycling Studio   Renée G
8:45 – 9:45 AM ★ YOGA ★ Vinyasa Flow Yoga Studio   Rebecca O
9:00 – 9:55 AM Deep Water Exercise South Pool   Diane M
9:00 – 9:45 AM Shallow Water Exercise North Pool   Diann N/Renee C
9:00 – 9:45 AM Zumba Gold Program Gym /Virtual   Pam
9:15 – 10:00 AM Boxing & Bags Group Ex Studio   Jessie J
10:00 – 10:45 AM Silver Sneakers Circuit Program Gym/Virtual   Robin
10:15 – 11:00 AM Total Body Strength Group Ex Studio   Renée G
10:15 – 11:15 AM ★ YOGA ★ Yoga for All Yoga Studio   Jamy K
4:15 – 5:00 PM Pump & Jump Group Ex Studio   Kara T
5:30 – 6:15 PM HIIT Group Ex Studio   Carrie H
5:30 – 6:30 PM ★ YOGA ★ Warm Yoga Yoga Studio   Kate T
5:45 – 6:30 PM Zumba Program Gym   Doug J

### Tuesday

5:15 – 6:00 AM Kickboxing & Strength Group Ex Studio   Lisa S
6:00 – 6:45 AM Cycling Cycling Studio   Betsy S
8:00 – 8:45 AM TRX Small Group Training   Laura L
9:00 – 9:45 AM Cycling Cycling Studio   Melissa C
9:00 – 9:45 AM Flexible Strength Program Gym   Lori H
9:00 – 10:00 AM ★ YOGA ★ Gentle Flow Yoga Yoga Studio   Kate T
9:00 – 9:45 AM Silver Sneakers Splash North Pool   Karen S
10:00 – 10:45 AM Golden Warriors – Tai Chi Yoga Studio   Scott C
10:15 – 11:00 AM 55+ Strong Program Gym /Virtual   Lori H
12:00 – 12:45 PM Mindful Meditation Yoga Studio   Kris K
1:15 – 2:15 PM Urban Line Dance Group Ex   Randy & Marilyn
4:30 – 5:15 PM Power Step Group Ex Studio   Becky Z
5:30 – 6:15 PM Cycling Cycling Studio   Chris P
5:30 – 6:30 PM Total Body Strength Group Ex Studio   Susan
6:45 – 8:15 PM Ballroom Dance Group Ex   Randy & Marilyn

### Wednesday

6:00 – 6:45 AM Bollywood Body Group Ex Studio   Swati B
9:00 – 10:00 AM Strength & Conditioning Program Gym   Renee B
9:00 – 10:00 AM ★ YOGA ★ Yoga Yoga Studio   Kerri S
9:00 – 9:55 AM Deep Water Exercise South Pool   Renee C
9:00 – 9:45 AM Shallow Water Exercise North Pool   Cynthia A
9:00 – 9:30 AM Gentle Cycle Cycling Studio   Pam & Lee
9:45 – 10:30 AM Silver Sneakers Yoga Group Ex. & Virtual   Pam H
10:00 – 10:45 AM Ai Chi South Pool   Renee C
10:15 – 11:15 AM ★ YOGA ★ Power Yoga Flow Yoga Studio   Leann S
10:45 – 11:30 AM Flexibility & Balance Group Ex. & Virtual   Pam H
4:15 – 5:00 PM Dance Fitness Group Ex Studio   Kara T
5:30 – 6:30 PM ★ YOGA ★ Deep Release Yoga Yoga Studio   Jamy K
5:45 – 6:30 PM Zumba Group Ex Studio   Barb M

### Thursday

5:15 – 6:15 AM ★ YOGA ★ Rise & Flow Yoga Yoga Studio   Mandy R
5:15 – 6:00 AM Strength & Conditioning Group Ex Studio   Barb M
6:00 – 6:45 AM Cycling Cycling Studio   Betsy S
8:00 – 8:45 AM TRX Small Group Training   Laura L
9:00 – 9:45 AM HIIT Program Gym   Renée G
9:00 – 9:45 AM Shallow Water Exercise North Pool   Steve R
9:00 – 10:00 AM Barre Yoga Studio   Renee B
9:00 – 9:45 AM Butts & Guts Group Ex. & Virtual   Fred T
10:00 – 10:45 AM Silver Sneakers Enerchi Group Ex. & Virtual   Lee K
11:00 – 11:45 AM Silver Sneakers Yoga Group Ex. & Virtual   Lee K
1:15 – 2:00 PM Body Mind Strength Group Ex Studio   Trish C
4:30 – 5:15 PM Zumba Group Ex Studio   Kirsten R
5:30 – 6:30 PM Total Body Strength Group Ex Studio   Laura L
6:00 – 7:00 PM ★ YOGA ★ Yoga Flow Yoga Studio   Kaycee A

### Friday

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

### Saturday

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

### Sunday

10:30 – 11:30 AM Yoga Body Boot Camp Group Ex Studio   Laura L
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### Class Key

GROUP EXERCISE
WATER EXERCISE
LOW IMPACT
UNLIMITED ★ YOGA ★ \$15 PER MONTH

### Get the App

Wausau-Woodson YMCA  
Schedules & classes are  
included on this App



### WoodsonYMCA.com/wausau\_group\_ex

- Rotation Instructors
- Class Location
- Class Cancellation





# April Group Exercise ASPIRUS BRANCH SCHEDULE

All Classes are Included in Your Membership for Ages 12+  
★ Except Unlimited Yoga is \$15/Per Month

## YMCA HOURS

Monday - Friday 5am - 9pm  
Saturday 7am - 5pm  
Sunday 10am - 5pm

### Monday

5:15 - 6:00 AM

**Total Body Strength**  
Studio B | Madeline L

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 - 7:00 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

5:30 - 6:30 PM ★ YOGA ★

**Yoga**  
Studio A | Sue S

### Wednesday

5:15 - 6:00 AM

**Cycling**  
Studio C | Jenn A

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

**Zumba**  
Studio B | Jessica A

10:30 - 11:15 AM

**Gentle Stretch & Balance**  
Studio B | Kerry

5:30 - 6:30 PM ★ YOGA ★

**Restorative 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

**Low Impact Strength & Conditioning**  
Studio B | Amber P

11:15 AM - 12:15 PM

**Silver Sneakers Classic**  
Studio B | Madeline

### Class Key

GROUP EXERCISE

WATER EXERCISE

LOW IMPACT

UNLIMITED ★ YOGA ★  
\$15 PER MONTH

### Get the App

Wausau-Woodson YMCA  
Aspirus Branch is  
included on this App



[WoodsonYMCA.com/aspirus\\_group\\_ex](http://WoodsonYMCA.com/aspirus_group_ex)

- Rotation Instructors
- Class Location
- Class Cancellation



## Health & Wellness at The Woodson YMCA

the Y YOGA  
UNLIMITED CLASSES  
\$15/MONTH MEMBERS ONLY  
\$10 SINGLE CLASS MEMBERS & NON-MEMBERS





the Y HEALTH & WELLNESS  
NEW! WELLNESS CONSULTATION Sign Up!  
45 Minute Consult Includes:  
• InBody Scale Review  
• Review of Goals  
• Nutrition Support  
• Movement Assessment  
\$35 Members Only




FREE PT PREVIEW  
Learn about our new Personal Training Program






24/7 ACCESS  
Woodson YMCA - Aspirus Branch in Weston  
24 HOURS



SMALL GROUP TRAINING  
Season 5 Starts April 15




FREE Wellness Center Orientations Available

FREE Sprint 8® Orientations Available




### WORKOUT ANYTIME! at the Aspirus Branch

24 Hour Wellness Center Access

- Treadmills, Bikes, Ellipticals and Climbmills
- Row Machines, Machine Weights & Free Weights

24 Hour Gym Access

- Pickleball & Basketball

\$5 Monthly for Active Members

\$20 One-Time Access Key Fee

Adult Woodson Y Members Only

