



May 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 Last Class is May 21
4:30 – 5:15 PM Power Step Group Ex Studio Becky Z
5:30 – 6:30 PM Total Body Strength Group Ex Studio Susan
6:45 – 8:15 PM Ballroom Dance Group Ex Randy & Marilyn Last Class is May 21

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
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



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





May 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

Silver Sneakers Stability
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

SUMMER HOURS
START TUESDAY, MAY 28
Monday-Friday Closes at 8pm
Saturday No Change
Sunday Closes at 2pm

Get the App

Wausau-Woodson YMCA
Aspirus Branch is included on this App



WoodsonYMCA.com/aspirus_group_ex

- Rotation Instructors
- Class Location
- Class Cancellation



Class Key

GROUP EXERCISE

WATER EXERCISE

LOW IMPACT

UNLIMITED ★ YOGA ★
\$15 PER MONTH

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





the Y HEALTH & WELLNESS
NEW! WELLNESS CONSULTATION Sign Up!
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24 HOURS



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24 Hour Gym Access

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