



April Group Exercise

Wausau Branch Schedule

Classes are Free for Members Ages 12+
Except Unlimited Yoga is \$15/Per Month

YMCA HOURS

Monday – Friday 5am – 9pm
Saturday 7am – 5pm
Sunday 10am – 5pm
Closed April 20
Easter Sunday

Monday

5:15 – 6:15 AM ★ YOGA ★ Rise & Flow Yoga Yoga Studio Mandy R
6:00 – 6:45 AM Tabata Boot Camp Group Ex Studio Betsy S
8:30 – 9:15 AM Cycling Cycling Studio Emily Z
8:45 – 9:45 AM ★ YOGA ★ Vinyasa Flow Yoga Studio Rebecca O
9:00 – 9:45 AM Shallow Water Exercise North Pool Diann N/Renee C
9:00 – 9:55 AM Deep Water Exercise South Pool Cindy G
9:00 – 9:45 AM Zumba Gold Program Gym Pam M
9:15 – 10:00 AM Boxing & Bags Group Ex Studio Jessie J
10:00 – 10:45 AM 55+ Circuit Program Gym Robin N
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
4:30 – 5:15 PM Pump & Jump Group Ex Studio Kara T
5:00 – 5:45 PM Cycling Cycling Studio Megan W
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 Strength & Conditioning Group Ex Studio Lisa S
6:00 – 6:45 AM Cycling Cycling Studio Betsy S
9:00 – 9:45 AM Cycling Cycling Studio Melissa C
9:00 – 9:45 AM Flexible Strength Program Gym Lori H
9:00 – 9:45 AM 55+ Aquatic Exercise North Pool Karen S
9:00 – 9:45 AM Body Mind Strength Group Ex Studio Trish C
9:00 – 10:00 AM ★ YOGA ★ Gentle Flow Yoga Yoga Studio Kate T
10:15 – 11:00 AM 55+ Strong Program Gym Lori H
10:15 – 11:15 AM Barre Yoga Studio Shelby O
1:15 – 2:15 PM Urban Line Dance Group Ex Randy & Marilyn
4:30 – 5:15 PM Dance Fitness Group Ex Studio Kara T
5:15 – 6:15 PM ★ YOGA ★ Flow Yoga Yoga Studio Melani L
5:30 – 6:30 PM Total Body Strength Group Ex Studio Susan S
6:45 – 8:15 PM Ballroom Dance Group Ex Randy & Marilyn

Wednesday

5:15 – 6:00 AM Kickboxing & Strength Group Ex Studio Lisa S
6:00 – 6:45 AM Cycling Cycling Studio Chris P
9:00 – 9:45 AM Strength & Conditioning Program Gym Renee B
9:00 – 9:45 AM Shallow Water Exercise North Pool Cynthia A
9:00 – 9:55 AM Deep Water Exercise South Pool Renee C
9:00 – 10:00 AM ★ YOGA ★ Yoga Yoga Studio Kerri S
9:15 – 9:45 AM Gentle Cycle Cycling Studio Lee K / Pam H
10:00 – 10:45 AM Chair Yoga Program Gym Lee K
10:15 – 11:00 AM S'WET™ South Pool Renée G
10:15 – 11:15 AM ★ YOGA ★ Power Yoga Flow Yoga Studio Leanne S
11:00 – 11:45 AM Flexibility Balance Breath Group Ex Studio Pam H
12:00 – 12:45 PM Total Body Strength Group Ex Studio Susan S
4:30 – 5:15 PM Boxing & Bags Group Ex Studio Jessie J
5:30 – 6:15 PM Cycling Cycling Studio Emily Z
5:30 – 6:30 PM ★ YOGA ★ Deep Release Yoga Yoga Studio Jamy K

Thursday

5:15 – 6:00 AM Bollywood Body Group Ex Studio Swati B
5:15 – 6:15 AM ★ YOGA ★ Rise & Flow Yoga Yoga Studio Mandy R
6:00 – 6:45 AM Cycling Cycling Studio Betsy S
6:00 – 6:45 AM S'WET™ North Pool Melani L
9:00 – 9:45 AM Shallow Water Exercise North Pool Steve R
9:00 – 9:45 AM HIIT Program Gym Renée G
9:00 – 9:45 AM Cycling Cycling Studio Melissa C
9:00 – 9:45 AM Barre Yoga Studio Renee B
9:00 – 9:45 AM Butts & Guts Group Ex Studio Fred T
10:00 – 10:45 AM Chair Yoga Program Gym Lee K
10:15 – 10:45 AM Functional Flexibility Group Ex Studio Renée G
10:30 – 11:00 AM Family Stretch & Connect Small Group Studio Rachel B
11:00 – 11:45 AM 55+ Tai Chi Group Ex Studio Lee K
4:30 – 5:15 PM WERQ – Cardio Dance Group Ex Studio Ashley Z
5:30 – 6:30 PM Total Body Strength Group Ex Studio Renée G
5:30 – 6:30 PM ★ YOGA ★ Yoga Flow Yoga Studio Kaycee A

Friday

5:15 – 6:00 AM Fusion Fitness Small Group Studio Alan S
5:15 – 6:15 AM ★ YOGA ★ Strength Slow Flow Yoga Studio Amy M
6:00 – 6:45 AM Boot Camp Group Ex Studio Rotation
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
9:00 – 10:00 AM ★ YOGA ★ Yoga Flow Yoga Studio Jamy K
10:15 – 11:00 AM Full Body Fitness Program Gym Fred T
10:15 – 11:15 AM ★ YOGA ★ Power Yoga Flow Yoga Studio Leanne S
11:15AM – 12:00PM Zumba Gold Program Gym Pam M
12:00 – 12:45 PM Total Body Strength Group Ex Studio Susan S
1:00 – 1:30 PM Functional Flexibility Group Ex Studio Susan S

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

10:15 – 11:15 AM Yoga Body Boot Camp Group Ex Studio Laura L

Class Key

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



WoodsonYMCA.com/schedules
• Rotation Instructors
• Class Cancellation
• Schedule Changes



Get the App
Wausau-Woodson YMCA
App Includes: Group Exercise
Pool & Gym Schedules

the Y **April Group Exercise**

Aspirus Branch Schedule

Classes are Free for Members Ages 12+
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YMCA HOURS
Monday – Friday 5am – 9pm
Saturday 7am – 5pm
Sunday 10am – 5pm
Closed April 20
Easter Sunday

Monday	Tuesday	Wednesday	Thursday	Friday
5:15 – 6:00 AM Total Body Strength Studio B Madeline L	5:15 – 6:00 AM ★ YOGA ★ Rise & Flow Yoga Studio B Jenn A	5:15 – 6:00 AM Cycling Studio A Jenn A	5:15 – 6:00 AM Strength & Conditioning Studio B Laurie S	5:15 – 6:00 AM Cycling Studio A Jenn A
8:30 – 9:30 AM Deep Water Exercise Pool Nancy Y	8:30 – 9:30 AM Deep Water Exercise Pool Dona S	8:30 – 9:30 AM Deep Water Exercise Pool Mary B	8:30 – 9:30 AM Deep Water Exercise Pool Kitty G	8:30 – 9:30 AM Deep Water Exercise Pool Cindy G
10:00 – 11:00 AM Low Impact Strength & Stretch Studio B Cindy M	9:00 – 9:45 AM HIIT Studio B Renée G	10:00 – 11:00 AM Low Impact Strength & Stretch Studio B Cindy M	9:00 – 9:45 AM Zumba Studio B Jessica A	10:00 – 11:00 AM Low Impact Strength & Conditioning Studio B Amber P
11:15 AM – 12:15 PM 55+ Strength & Endurance Studio B Cindy M	10:00 – 11:00 AM Balance & Stability Studio B Kay P	11:15 AM – 12:15 PM 55+ Strength & Endurance Studio B Cindy M	11:15 AM–12:00 PM 55+ Circuit Studio B Kerry M	
6:00 – 7:00 PM Sculpt & Sweat Studio B Miranda R	11:15 AM – 12:00 PM 55+ Stability Studio B Kerry M	5:30 – 6:15 PM WERQ Studio B Ashley Z	5:30– 6:30 PM ★ YOGA ★ Restorative Yoga Studio B Lydia P	
	4:30 – 5:15 PM Core Strength Studio B Madeline L			
	5:30– 6:30 PM ★ YOGA ★ Yoga Studio B Sue S			

Class Key


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

Get the App
Wausau-Woodson YMCA
Aspirus Branch is included on this App



WoodsonYMCA.com/schedules

- Rotation Instructors
- Class Cancellation
- Schedule Changes




PERSONAL TRAINING




Start Your Fitness Journey Now!
Schedule a Free Meeting with a Personal Trainer



UNLIMITED YOGA PASS



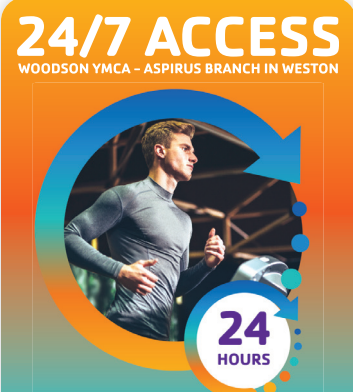
\$15/Month
Members Only



Small Group Training Season 5
April 21– May 30
Register 4/7 at 8am




24/7 ACCESS
WOODSON YMCA – ASPIRUS BRANCH IN WESTON



Aspirus Branch – Weston


24 Hour Wellness Center Access

- Treadmills, Bikes, Ellipticals and Climbbills
- 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



Learn-to-Play Pickleball Clinic
Thursday April 17th
Fieldhouse – Wausau
11am-1pm
Aspirus Gym
5-7pm

Strength & Vitality Workshop
Thriving Through Menopause

m e n o p a u s e

Wednesday
April 16 6:00-7:30pm
Saturday
April 19 10:30am-12:00pm



APRIL 26: Saturday 10am-2pm
HEALTHY KIDS DAY



Free For All
Aspirus Branch

