



June Group Exercise

Wausau Branch Schedule

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



WOODSON YMCA SUMMER HOURS

Monday – Friday 5am – 8pm
Saturday 7am – 5pm
Sunday 10am – 2pm

Monday	Tuesday	Wednesday	Thursday	Friday
5:15 – 6:15 AM ★ YOGA ★ Rise & Flow Yoga Yoga Studio – Mandy R	5:15 – 6:00 AM Strength & Conditioning Group Ex Studio – Lisa S	5:15 – 6:00 AM Bollywood Body Group Ex Studio – Swati B	5:15 – 6:00 AM Kickboxing & Strength Group Ex Studio – Lisa S	5:15 – 6:00 AM Fusion Fitness Small Group Studio – Alan S
6:00 – 6:45 AM Tabata Boot Camp Group Ex Studio – Betsy S	6:00 – 6:45 AM Cycling Cycling Studio – Betsy S	6:00 – 6:45 AM Cycling Cycling Studio – Chris P	5:15 – 6:15 AM ★ YOGA ★ Rise & Flow Yoga Yoga Studio – Mandy R	5:15 – 6:15 AM ★ YOGA ★ Strength Slow Flow Yoga Yoga Studio – Amy M
8:45 – 9:45 AM ★ YOGA ★ Vinyasa Flow Yoga Studio – Rebecca O	6:00 – 7:00 AM Barre Yoga Studio – Natalie O	9:00 – 9:45 AM Strength & Conditioning Program Gym – Renee B	6:00 – 6:45 AM Cycling Cycling Studio – Betsy S	6:00 – 6:45 AM Boot Camp Group Ex Studio – Rotation
9:00 – 9:45 AM Shallow Water Exercise North Pool – Diann N/Renee C	9:00 – 9:45 AM Flexible Strength Program Gym – Lori H	9:00 – 9:45 AM Shallow Water Exercise North Pool – Cynthia A	6:00 – 6:45 AM S'WET™ North Pool – Melani L	9:00 – 9:45 AM Shallow Water Exercise North Pool – Renee C/Karen S
9:00 – 9:55 AM Deep Water Exercise South Pool – Cindy G	9:00 – 9:45 AM 55+ Aquatic Exercise North Pool – Karen S	9:00 – 9:55 AM Deep Water Exercise South Pool – Renee C	9:00 – 9:45 AM Shallow Water Exercise North Pool – Steve R	9:00 – 9:45 AM Tabata Boot Camp Group Ex Studio – Renee B
9:00 – 9:45 AM Zumba Gold Program Gym – Pam M	9:00 – 9:45 AM Body Mind Strength Group Ex Studio – Trish C	9:00 – 10:00 AM ★ YOGA ★ Yoga Yoga Studio – Kerri S	9:00 – 9:45 AM HIIT Program Gym – Renée G	9:00 – 10:00 AM Zumba Program Gym – Jessica A
9:15 – 10:00 AM Boxing & Bags Group Ex Studio – Jessie J	9:00 – 10:00 AM ★ YOGA ★ Gentle Flow Yoga Yoga Studio – Kate T	10:00 – 10:45 AM Chair Yoga Program Gym – Pam H	9:00 – 9:45 AM Barre Yoga Studio – Renee B	9:00 – 10:00 AM ★ YOGA ★ Yoga Flow Yoga Studio – Jamy K
10:00 – 10:45 AM 55+ Circuit Program Gym – Robin N	10:15 – 11:00 AM 55+ Strong Program Gym – Lori H	10:15 – 11:00 AM S'WET™ South Pool – Renée G	9:00 – 9:45 AM Cycling Cycling Studio – Emily Z	10:15 – 11:00 AM Full Body Fitness Program Gym – Fred T
10:15 – 11:00 AM Total Body Strength Group Ex Studio – Renée G	10:15 – 11:15 AM Barre Yoga Studio – Shelby O	10:15 – 11:15 AM ★ YOGA ★ Power Yoga Flow Yoga Studio – Leanne S	9:00 – 9:45 AM Butts & Guts Group Ex Studio – Fred T	10:15 – 11:15 AM ★ YOGA ★ Power Yoga Flow Yoga Studio – Leanne S
10:15 – 11:15 AM ★ YOGA ★ Yoga for All Yoga Studio – Jamy K	4:30 – 5:15 PM Dance Fitness Group Ex Studio – Kara T	11:00 – 11:45 AM Flexibility Balance Breath Group Ex Studio – Pam H	10:00 – 10:45 AM Chair Yoga Program Gym – Lee K	12:00 – 12:45 PM Total Body Strength Group Ex Studio – Susan S
4:30 – 5:15 PM Pump & Jump Group Ex Studio – Kara T	5:15 – 6:15 PM ★ YOGA ★ Yoga Flow Yoga Studio – Melani L	11:15 AM – 12:00 PM Zumba Gold Program Gym – Pam M	10:15 – 10:45 AM Functional Flexibility Group Ex Studio – Renée G	1:00 – 1:30 PM Functional Flexibility Group Ex Studio – Susan S
5:30 – 6:15 PM HIIT Group Ex Studio – Carrie H	5:30 – 6:30 PM Total Body Strength Group Ex Studio – Susan S	12:00 – 12:45 PM Total Body Strength Group Ex Studio – Susan S	11:00 – 11:45 AM 55+ Tai Chi Group Ex Studio – Lee K	
5:30 – 6:30 PM ★ YOGA ★ Warm Yoga Yoga Studio – Kate T		4:00 – 5:00 PM ★ YOGA ★ Strength Slow Flow Yoga Yoga Studio – Amy M	4:30 – 5:15 PM WERQ – Cardio Dance Group Ex Studio – Ashley Z	7:45 – 8:45 AM ★ YOGA ★ Yoga Yoga Studio – Rotation
5:45 – 6:30 PM Zumba Program Gym – Doug J		5:30 – 6:15 PM HIIT Group Ex Studio – Nicole S	5:30 – 6:30 PM Total Body Strength Group Ex Studio – Renée G	9:00 – 10:00 AM Zumba / Dance Fitness Group Ex Studio – Rotation
		5:30 – 6:30 PM ★ YOGA ★ Deep Release Yoga Yoga Studio – Jamy K	5:30 – 6:30 PM ★ YOGA ★ Deep Release Yoga Yoga Studio – Lydia P	9:15 – 10:15 AM Barre Yoga Studio – Natalie O

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



Online Schedule
Rotation Instructors
Cancellations & Changes

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

GROUP EXERCISE

WATER EXERCISE

LOW IMPACT

★ YOGA \$15/MONTH ★



June Group Exercise

Aspirus Branch Schedule

Classes are Free for Members Ages 12+

Except Yoga Classes - Unlimited Yoga Pass \$15/Month



WOODSON YMCA SUMMER HOURS

Monday - Friday 5am - 8pm

Saturday 7am - 5pm

Sunday 10am - 2pm

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	10:45 - 11:30 AM 55+ Circuit Studio B - Kerry M	
	11:15 AM - 12:00 PM 55+ Stability Studio B - Kerry M		5:30 - 6:30 PM ★ YOGA ★ Restorative Yoga Studio B - Roxie B	
	4:30 - 5:15 PM Core Strength Studio B - Madeline L			
	5:30 - 6:30 PM ★ YOGA ★ Yoga Studio B - Sue S			



Online Schedule

Rotation Instructors
Cancellations & Changes

Get the App

Wausau-Woodson YMCA
Aspirus Branch is included on this App
Group Exercise, Pool & Gym Schedules

GROUP EXERCISE

WATER EXERCISE

LOW IMPACT

★ YOGA \$15/MONTH ★

PERSONAL TRAINING

Start Your
Journey Today!

Free PT Preview
Members Only



SMALL GROUP TRAINING

Season 6:
June 16 - August 1
12 Sessions

\$85/Season 6
Members Only



UNLIMITED YOGA PASS

All Access to 18 Classes
Each Week in June

\$15/Month
Members Only



24/7 ACCESS

WOODSON YMCA - ASPIRUS BRANCH IN WESTON



Aspirus Branch - Weston

24 Hour Wellness Center Access

- Treadmills, Bikes, Ellipticals & More
- Machine Weights & Free Weights

24 Hour Gym Access

- Pickleball & Basketball

\$20 One-Time Access Key Fee
Age 18+

\$5/Month
Members Only



While Children are Near Water Remember:

PHONES DOWN - EYES UP!

- Checking your phone may seem like a quick task, but it can quickly become a distraction—and distractions around the water can have major consequences.
- That's why families should always assign a Water Watcher—an adult who maintains visual contact with all children playing in or near the water.

