



# July Group Exercise

## Wausau Branch Schedule

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

### WOODSON YMCA SUMMER HOURS

Monday - Friday 5am - 8pm  
Saturday 7am - 5pm  
Sunday 10am - 2pm  
Friday, July 4th, 8am-12pm

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 - Megan W	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 G	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 G/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 G	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	11:00 - 11:45 AM Zumba Gold No Class 7/16 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	10:00 - 11:00 AM Low Impact Karate Small Group Studio - Scott C.	
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	11:00 - 11:45 AM 55+ Tai Chi Group Ex Studio - Lee K	
5:45 - 6:30 PM Zumba Program Gym - Doug J		5:30 - 6:15 PM HIIT Group Ex Studio - Nicole S	4:30 - 5:15 PM WERQ - Cardio Dance Group Ex Studio - Ashley Z	
		5:30 - 6:30 PM ★ YOGA ★ Deep Release Yoga Yoga Studio - Jamy K	5:30 - 6:30 PM Total Body Strength Group Ex Studio - Renée G	
			5:30 - 6:30 PM ★ YOGA ★ Deep Release Yoga Yoga Studio - Lydia P	

**4TH OF JULY**  
**Dance Fitness Class**  
9-10am Group Ex Studio  
Wausau Branch - Kara T  
All Other Group Ex  
Classes are Canceled  
July 4 - 5

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 ★



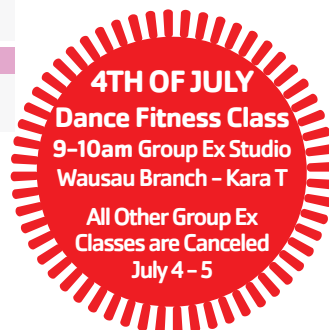
# July Group Exercise Aspirus Branch Schedule

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

## WOODSON YMCA SUMMER HOURS

Monday - Friday 5am - 8pm  
Saturday 7am - 5pm  
Sunday 10am - 2pm  
Friday, July 4th, 8am-12pm

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 - 9:30 AM Deep Water Exercise Pool - Nancy Y	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
10:00 - 11:00 AM Low Impact Strength & Stretch Studio B - Cindy M	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
11:15 AM - 12:15 PM 55+ Strength & Endurance 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
	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 - 6:15 PM Tabata Studio B - Shelby O	5:30 - 6:30 PM ★ YOGA ★ Restorative Yoga Studio B - Roxie B	
	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



### WELLNESS CONSULTATION

InBody Scale Assessment  
& Smart Goal Setting

\$35  
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



### KARATE CAMP

AGES 7+

Street Smart  
Defense  
July 14-16  
11am-12pm

Learn More &  
Register Today!



### GYMNASTICS CAMPS

AGES 5-17

2 Days July 22 & 24  
9:30am - 12:30pm

4 Days August 11-14  
9:30am - 12:30pm

Learn More &  
Register Today!



### YOUTH CAMPS

AGES 3-6

Sluggerball & Kickball  
July 14-17, 9-10am

Summer Games Camp  
August 4-7, 9-10am

Learn More &  
Register Today!

