



September Group Exercise

Wausau Branch Schedule

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

WOODSON Y HOURS

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

Labor Day: September 1st
8am - 12pm - No Reg Group Ex

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	6:00 - 6:45 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 - Ginny G	9:00 - 9:45 AM Shallow Water Exercise North Pool - Steve R	9:00 - 9:45 AM Tabata Boot Camp Group Ex Studio - Shelby O
9:00 - 9:45 AM Zumba Gold Program Gym - Pam M	9:00 - 9:45 AM Cycling Cycling Studio - Emily Z	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 - 9:45 AM Body Mind Strength Group Ex Studio - Trish C	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	9:00 - 10:00 AM ★ YOGA ★ Gentle Flow Yoga Yoga Studio - Kate T	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 - Becky Z
10:15 - 11:00 AM Total Body Strength Group Ex Studio - Renée G	10:15 - 11:00 AM 55+ Strong Program Gym - Lori H	10:15 - 11:15 AM ★ YOGA ★ Power Yoga Flow Yoga Studio - Leanne S	9:00 - 9:45 AM Butts & Guts Group Ex Studio - Karen S	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	10:15 - 11:15 AM Barre Yoga Studio - Shelby O	11:00 - 11:45 AM Flexibility Balance Breath Group Ex Studio - Pam H	10:00 - 10:45 AM Chair Yoga Program Gym - Lee	11:15 AM - 12:00 PM Zumba Gold Program Gym - Pam M
4:30 - 5:15 PM Pump & Jump Group Ex Studio - Kara T	1:15 - 2:15 PM Urban Line Dance Group Ex Randy & Marilyn	11:00 - 11:45 AM Zumba Gold Program Gym - Pam M	10:15 - 10:45 AM Functional Flexibility Group Ex Studio - Renée G	12:00 - 12:45 PM Total Body Strength Group Ex Studio - Susan S
5:30 - 6:15 PM HIIT Group Ex Studio - Carrie H	4:30 - 5:15 PM Dance Fitness Group Ex Studio - Kara T	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.	1:00 - 1:30 PM Functional Flexibility Group Ex Studio - Susan S
5:30 - 6:30 PM ★ YOGA ★ Warm Yoga Yoga Studio - Kate T	5:15 - 6:15 PM ★ YOGA ★ Yoga Flow Yoga Studio - Melani L	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	
5:45 - 6:30 PM Zumba Program Gym - Doug J	5:30 - 6:30 PM Total Body Strength Group Ex Studio - Susan S	5:30 - 6:15 PM HIIT Group Ex Studio - Nicole S	12:00 - 1:00 PM ★ YOGA ★ Yoga for All Yoga Studio - Lydia P	
	6:45 - 8:15 PM Ballroom Dance Group Ex Randy & Marilyn	5:30 - 6:30 PM ★ YOGA ★ Deep Release Yoga Yoga Studio - Jamy K	4:30 - 5:15 PM WERQ - Cardio Dance Group Ex Studio - Ashley Z	
LABOR DAY September 1st 9:00 - 10:00 AM DANCE FITNESS Group Ex Studio - Kara T All Other Classes Are Canceled			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	

GROUP EXERCISE

WATER EXERCISE

LOW IMPACT

★ YOGA \$15/MONTH ★

Online Schedule
Rotation Instructors
Cancellations & Changes



September Group Exercise

Aspirus Branch Schedule

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WOODSON Y HOURS

Monday - Friday 5am - 9pm
Saturday 7am - 5pm
Sunday 10am - 5pm
Labor Day: September 1st
8am - 12pm - No Reg Group Ex

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 ★ Yoga Studio B - Sue S			



Online Schedule
Rotation Instructors
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GROUP EXERCISE

WATER EXERCISE

LOW IMPACT

★ YOGA \$15/MONTH ★

PERSONAL TRAINING

Start Your Journey Today!

Free PT Preview
Members Only

SMALL GROUP TRAINING

Season 1
September 8 - October 17
Registration is Open
12 Sessions

\$85/Season 1
Members Only

UNLIMITED YOGA PASS

Unlimited Access
To All Yoga Classes

\$15/Month
Members Only

24/7 ACCESS
WOODSON YMCA - ASPIRUS BRANCH IN WESTON

24 HOURS

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

GOLDEN LEAVES CHAMPIONSHIP 2025

WOODSON YMCA - ASPIRUS BRANCH
SATURDAY & SUNDAY: OCTOBER 18 & 19

The Landing

ANNUAL GALA

September 20th
6:00 - 10:00pm

Hats Off to you!

Learn More &
Buy Tickets Today

YOUTH SPORTS MINI CAMPS

AGES 4-9
Sept 15-17
Sept 22-24
at Camp
Sturtevant!

Learn More &
Register Today!