



March Group Exercise Wausau Branch Schedule

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

WOODSON YMCA HOURS

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



Monday	Tuesday	Wednesday	Thursday	Friday
6:00 - 6:45 AM Tabata Boot Camp Group Ex Studio - Betsy S	5:15 - 6:00 AM Strength & Conditioning Group Ex Studio - Betsy S	5:15 - 6:00 AM Cycling Cycling Studio - Betsy S	5:15 - 6:00 AM Kickboxing & Strength Group Ex Studio - Swati B	5:15 - 6:15 AM ★ YOGA ★ Strength Slow Flow Yoga Yoga Studio - Amy M
7:00 - 8:00 AM ★ YOGA ★ Rise & Flow Yoga Yoga Studio - Mandy R	6:00 - 6:45 AM Cycling Cycling Studio - Megan W	6:00 - 6:45 AM Bollywood Body Group Ex Studio - Swati B	6:00 - 6:45 AM Cycling Cycling Studio - Chris P	5:15 - 6:00 AM Fusion Fitness Small Group Studio - Alan S
8:45 - 9:45 AM ★ YOGA ★ Vinyasa Flow Yoga Yoga Studio - Rebecca O	6:00 - 7:00 AM Barre Yoga Studio - Natalie O	9:00 - 10:00 AM ★ YOGA ★ Yoga Yoga Studio - Kerri S	6:00 - 6:45 AM S'WET™ North Pool - Melani L	6:00 - 6:45 AM Boot Camp Group Ex Studio - Lisa S
9:00 - 9:45 AM Shallow Water Exercise North Pool - Ginny G	9:00 - 10:00 AM ★ YOGA ★ Gentle Flow Yoga Yoga Studio - Kate T	9:00 - 9:45 AM Strength & Conditioning Program Gym - Renee B	7:00 - 8:00 AM ★ YOGA ★ Rise & Flow Yoga Yoga Studio - Mandy R	9:00 - 9:45 AM Tabata Boot Camp Group Ex Studio - Renee B
9:00 - 9:55 AM Deep Water Exercise South Pool - Cindy G	9:00 - 9:45 AM Cycling Cycling Studio - Emily Z	9:00 - 9:45 AM Shallow Water Exercise North Pool - Cynthia A	9:00 - 9:45 AM Cycling Cycling Studio - Emily Z	9:00 - 10:00 AM ★ YOGA ★ Yoga Flow Yoga Studio - Jamy K
9:00 - 9:45 AM Zumba Gold Program Gym - Pam M	9:00 - 9:45 AM FOREVERWELL Aquatic Exercise North Pool - Karen S	9:00 - 9:55 AM Deep Water Exercise South Pool - Ginny G	9:00 - 9:45 AM HIIT Program Gym - Renée G	9:00 - 9:45 AM Shallow Water Exercise North Pool - Karen S/Sandy K
9:15 - 10:00 AM Boxing & Bags Group Ex Studio - Jessie J	9:00 - 9:45 AM Flexible Strength Program Gym - Lori H	9:15 - 9:45 AM Gentle Cycling Cycling Studio - Pam H	9:00 - 9:45 AM Shallow Water Exercise North Pool - Steve R	9:00 - 10:00 AM Zumba Program Gym - Jessica A
10:00 - 10:45 AM FOREVERWELL Circuit Program Gym - Robin N	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	10:15 - 11:15 AM ★ YOGA ★ Power Yoga Flow Yoga Studio - Leanne S
10:15 - 11:00 AM Total Body Strength Group Ex Studio - Sophia S	10:15 - 11:00 AM FOREVERWELL 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 - Trish C	10:15 - 11:00 AM Full Body Fitness Program Gym - Becky Z
10:15 - 11:15 AM ★ YOGA ★ Yoga for All Yoga Studio - Jamy K	10:15 - 11:15 AM Barre/Pilates Yoga Studio - Kate T	11:00 - 11:45 AM Zumba Gold Program Gym - Pam M	10:00 - 10:30 AM Functional Flexibility Group Ex Studio - Renée G	10:15 - 11:15 AM Low Impact Karate Group Ex Studio - Scott C.
4:30 - 5:15 PM Pump & Jump Group Ex Studio - Kara T	11:30 AM - 12:30 PM Low Impact Karate Yoga Studio - Scott C.	11:00 - 11:45 AM Flexibility, Balance & Breath Group Ex Studio - Pam H	10:00 - 10:45 AM Chair Yoga Program Gym - Lee K.	11:15 AM - 12:00 PM Zumba Gold Program Gym - Pam M
5:00 - 5:45 PM Cycling Cycling Studio - Melissa C	1:15 - 2:15 PM Urban Line Dance Group Ex Randy & Marilyn	12:00 - 12:45 PM Total Body Strength Group Ex Studio - Susan S	11:00 - 11:45 AM FOREVERWELL Tai Chi Group Ex Studio - Lee K.	12:00 - 12:45 PM Total Body Strength Group Ex Studio - Susan S
5:30 - 6:30 PM ★ YOGA ★ Warm Yoga Yoga Studio - Kate T	4:30 - 5:15 PM Dance Fitness Group Ex Studio - Kara 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	1:00 - 1:30 PM Functional Flexibility Group Ex Studio - Susan S
5:30 - 6:15 PM HIIT Group Ex Studio - Carrie H	5:00 - 6:00 AM ★ YOGA ★ Yoga Flow Yoga Studio - Stephanie F	5:00 - 5:45 PM Cycling Cycling Studio - Megan/Betsy	5:30 - 6:30 PM ★ YOGA ★ Deep Release Yoga Yoga Studio - Lydia P	
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 - 6:30 PM ★ YOGA ★ Deep Release Yoga Yoga Studio - Jamy K	5:30 - 6:30 PM Total Body Strength Group Ex Studio - Renée G	
	6:45 - 8:15 PM Ballroom Dance Group Ex - Randy & Marilyn	5:30 - 6:15 PM HIIT Group Ex Studio - Nicole S		
			Sunday	Saturday
			10:30 - 11:30 AM Strength & Stretch Group Ex Studio - Swati/Betsy	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

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



Online Schedule

Rotation Instructors, Cancellations & Changes

Group Ex is running as usual during Spring Break (March 30 - April 3).
Please check the YMCA360 app for cancellations.



March Group Exercise

Aspirus Branch Schedule

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

WOODSON YMCA HOURS

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

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 Stretch & Strength 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 FOREVERWELL Strength & Endurance Studio B - Cindy M	10:00 - 11:00 AM Balance & Stability Studio B - Kay P	9:00 - 9:45 AM Barre Studio B - Shelby O	9:00 - 9:45 AM Zumba Studio B - Jessica A	9:00 - 9:45 AM Core & More Studio B - Katie Y
	11:15 AM - 12:00 PM FOREVERWELL Gentle Stretch & Recovery Studio B - Kerry M	10:00 - 11:00 AM Low Impact Stretch & Strength Studio B - Cindy M	10:00 - 10:45 AM Morning Move & Groove Studio B - Becky Z	10:00 - 11:00 AM Low Impact Strength & Conditioning Studio B - Amber P
	5:30 - 6:30 PM ★ YOGA ★ Yoga Studio B - Sue S	11:15 AM - 12:15 PM FOREVERWELL Strength & Endurance Studio B - Cindy M	11:00 - 11:45 AM FOREVERWELL Gentle Stretch & Recovery Studio B - Kerry M	
	5:30 - 6:15 PM Cycling Studio A - Chris B	5:30 - 6:15 PM Tabata Studio B - Shelby O	5:30 - 6:30 PM ★ YOGA ★ Yoga Studio B - Rotation	
				Saturday 10:00 - 11:00 AM ★ YOGA ★ Yoga Studio B - Rotation

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



Online Schedule
 Rotation Instructors, Cancellations & Changes
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Upcoming Programs & Events at the Woodson YMCA

PERSONAL TRAINING

Start Your Journey Today!



Free PT Preview Members Only



Hello Summer!

Summer Camp Registration
 Opens February 9 at 8:00 AM



Save \$15 per child/week for YMCA Members!



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



BLOOD DRIVE

MARCH 5TH | 10AM - 3PM
 ASPIRUS BRANCH



MAKE APPOINTMENTS AT REDCROSS.ORG



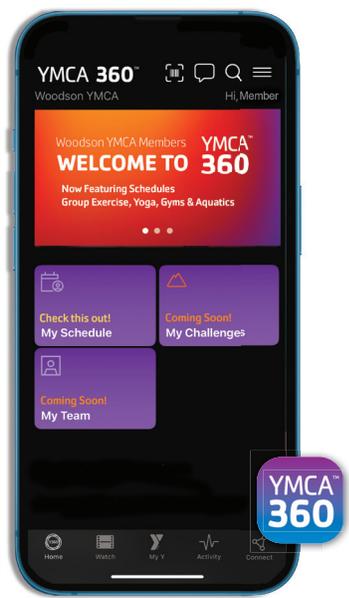
Empower Yourself into Menopause

Evidence-Based Strategies to Feel Stronger & Healthier for Women 35+



Wednesday, March 18th, 5:30 - 7:30PM
 Upcoming Classes:
 Saturday, March 21st, 12:00 - 2:00PM





Download: YMCA360
 Sign in with the email on your Woodson YMCA Membership!

Now Featuring Schedules:

- Group Exercise & Yoga
- Gyms & Aquatics

Plus! Sign-in Bar Codes

