



April Group Exercise

Aspirus Branch Schedule

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

WOODSON YMCA HOURS

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

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|--|---|
| 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 | | 10:00 - 11:00 AM ★ YOGA ★ Yoga Studio B - Rotation |
| | 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 | | |

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



Online Schedule
 Rotation Instructors
 Cancellations & Changes

Upcoming Programs & Events at the Woodson YMCA

**MEET A MEMBER
 SHARE YOUR Y STORY**

We want to hear from YOU!
 • Tell us what the Y means to you
 • Share your favorite Y moments
 • Celebrate your achievements

WoodsonYMCA.com/MemberStories

HEALTHY KIDS DAY

Saturday, April 18th
 10am - 2pm

FREE Event for Families
 All Are Welcome!

WoodsonYMCA.com/events
 Crafts · Local Vendor Booths · Face Painting · Open Swim · & MORE!

Blood Pressure Clinic

Thursday, April 20
 2:00 - 4:00pm

Wausau Branch - Multi-Purpose Room

Stay in the Know About Your Health!

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

Whirlers Team Tryouts
 Gymnastics Team & Pre-Team

Saturday, April 18th
 Starting at 1:00PM

Interested in joining our team? Tryout!
 Current Gymnasts & General Public

LOW IMPACT GROUP EXERCISE

FREE FOR MEMBERS
 WAUSAU BRANCH & ASPIRUS BRANCH

YMCA Camp Sturtevant
 WEEKLY DAY CAMPS
 AVAILABLE ALL SUMMER