



June 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 - 8pm
Saturday 7am - 5pm
Sunday 10am - 2pm

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 - 10:45 AM Barre Studio A - Shelby O	6:15 - 7:00 AM Strength & Conditioning Studio B - Miranda R	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 Stretch & Strength Studio B - Cindy M	8:30 - 9:30 AM Deep Water Exercise Pool - Dona S	9:00 - 9:45 AM Barre Studio B - Shelby O	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 FOREVERWELL Strength & Endurance Studio B - Cindy M	10:00 - 11:00 AM Balance & Stability Studio B - Kay P	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	
	11:15 AM - 12:00 PM FOREVERWELL Gentle Stretch & Recovery Studio B - Kerry M	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 - 6:30 PM ★ YOGA ★ Yoga Studio B - Sue S	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

Health & Wellness Programs at the Woodson YMCA

REACH YOUR GOALS WITH OUR Personal Training Program

Schedule a Free PT Preview with a Personal Trainer Today!

UNLIMITED YOGA
\$15/Month Members

Classes Available at both Wausau & Aspirus Branches
Find the schedule online at WoodsonYMCA.com/schedules or the YMCA360 app.

GROUP EXERCISE CYCLING

FREE FOR MEMBERS
WAUSAU BRANCH & ASPIRUS BRANCH

24/7 ACCESS
WOODSON YMCA - ASPIRUS BRANCH IN WESTON

24 HOURS

LOW IMPACT GROUP EXERCISE

FREE FOR MEMBERS
WAUSAU BRANCH & ASPIRUS BRANCH

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

BLOOD DRIVE

JULY 9TH | 10AM - 3PM
ASPIRUS BRANCH

MAKE APPOINTMENTS AT REDCROSS.ORG

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