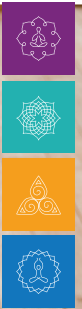




# YOGA

UNLIMITED CLASSES  
\$15/MONTH MEMBERS ONLY

WEEKLY CLASSES FOR 2026



## MONDAY

7:00 – 8:00 AM

**Rise & Flow Yoga**  
Wausau Yoga Studio  
Mandy R

8:45 – 9:45 AM

**Vinyasa Flow Yoga**  
Wausau Yoga Studio  
Rebecca O

10:15 – 11:15 AM

**Yoga for All**  
Wausau Yoga Studio  
Jamy K

5:30 – 6:30 PM

**Warm Yoga**  
Wausau Yoga Studio  
Kate T

## TUESDAY

5:15 – 6:00 AM

**Rise & Flow Yoga**  
Aspirus Studio B  
Jenn A

9:00 – 10:00 AM

**Gentle Flow Yoga**  
Wausau Yoga Studio  
Kate T

5:00 – 6:00 PM

**Yoga Flow**  
Wausau Yoga Studio  
Stephanie F

5:30 – 6:30 PM

**Yoga**  
Aspirus Studio B  
Sue S

## WEDNESDAY

9:00 – 10:00 AM

**Yoga**  
Wausau Yoga Studio  
Kerri S

10:15 – 11:15 AM

**Power Yoga Flow**  
Wausau Yoga Studio  
Leanne S

4:00 – 5:00 PM

**Strength Slow Flow**  
Wausau Yoga Studio  
Amy M

5:30 – 6:30 PM

**Deep Release Yoga**  
Wausau Yoga Studio  
Jamy K

## THURSDAY

7:00 – 8:00 AM

**Rise & Flow Yoga**  
Wausau Yoga Studio  
Mandy R

5:30 – 6:30 PM

**Deep Release Yoga**  
Wausau Yoga Studio  
Lydia P

5:30 – 6:30 PM

**Yoga**  
Aspirus Studio B  
Rotation

## FRIDAY

5:15 – 6:15 AM

**Strength Slow Flow**  
Wausau Yoga Studio  
Amy M

9:00 – 10:00 AM

**Yoga Flow**  
Wausau Yoga Studio  
Jamy K

10:15 – 11:15 AM

**Power Yoga Flow**  
Wausau Yoga Studio  
Leanne S

## SATURDAY

7:45 – 8:45 AM

**Yoga**  
Wausau Yoga Studio  
Rotation

10:00 – 11:00 AM

**Yoga**  
Aspirus Studio B  
Rotation

“The beginning is always today.” – Mary Wollstonecraft



Scan for Unlimited Yoga Schedule & Class Descriptions

Also See Rotation Instructors, Class Updates & Class Cancellation

Drop-in Yoga Class for Members & Non-Members: \$10 per class

Non-Members must also purchase a Day Pass: \$15



## YOGA PASS

WOODSON YMCA

### Pick Up Your Pass

Collect your yoga pass from Member Services before each class.

### Present Your Pass

Give your pass to the Instructor at the start of every class.



# Yoga Class Descriptions

## Rise & Flow Yoga

Rise & Flow Yoga honors individuals' energetic levels earlier in the morning with sun salutations. Energize the body with flowing yoga poses, linking movement with the breath. Leave class ready to enter the rest of your day with vitality and peace.

## Vinyasa Flow Yoga

Vinyasa Flow follows an arc structure, starting subtly, gaining power in the middle, and slowing down for a restorative finish. Class will focus on conscious breath synced with mindful movement. Options for modifications or advancements are provided. You can expect to build heat and leave with an overall sense of lightness.

## Yoga for All

This slow-flow practice is for all levels and all abilities. Students will have the option to use a chair or mat for class. They will learn breathing techniques and poses to help relieve stress and tension, allowing them to meet their fitness goals.

## Warm Yoga

The warmer room temperature helps detoxify the body, improve strength, flexibility, and stamina, and melt away tension. Linking breath with movement energizes the mind, body, and spirit while creating a moving meditation. The room is heated to about 90°.

## Gentle Flow Yoga

Rejuvenate, reduce stress, and increase flexibility and strength with this gentle yoga class. Designed for all levels, it introduces basic yoga postures and breathing techniques in a way that promotes mindfulness and relaxation. Whether you're a beginner or looking to slow down and reconnect with your body, this class offers a supportive and caring approach.

## Yoga

Explore body alignment and deep breathing while developing strength, flexibility, and balance in a supportive environment. Yoga focuses on postures, gentle movement sequences, breathwork, and guided relaxation to support increased awareness and mindfulness of the breath and body, helping to calm the nervous system.

## Power Yoga Flow

You'll move quickly through poses, holding each for a shorter duration while maintaining breath coordination. This invigorating practice builds muscle strength and endurance while improving cardiovascular fitness and flexibility. Power Yoga is ideal for those looking to challenge themselves, break a sweat, and increase overall physical performance. Expect to leave class feeling strong, energized, and empowered.

## Deep Release Yoga

This class is structured as a slow flow with little to no standing. Poses are limited in number and held for four to six minutes, focusing on the major joints, especially the hips. Props are available and encouraged as participants allow both time and warmth to gently relax the muscles. This class is designed for runners, walkers, cyclists, or those who spend a lot of time sitting at their jobs.

## Restorative Yoga

Restorative Yoga encourages physical, mental, and emotional relaxation. Appropriate for all ages and levels, it is gentle and passive, using props such as blocks, bolsters, or blankets. The props help you hold passive poses longer without exerting or tiring out your muscles. Restorative Yoga is slow paced, focusing on longer holds (1-2 minutes), stillness, and deep breathing.

## Yoga Flow

Flow is a yoga class where movements are connected in a flowing manner. Linking movement with breath is the primary focus. Beginners are welcome and will be encouraged to pace themselves and focus on mastering basic poses before moving on to more complex poses.

## Strength Slow Flow Yoga

Slow Flow Yoga is a breath-based, mindful movement practice that brings us home to our body, breath, and mind in the present moment. This class integrates strength, flexibility, and concentration through a series of traditional postures linked by breath and movement.

