





# July 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 <b>Deep Water Exercise</b> Pool - Nancy Y	5:15 - 6:00 AM ★ <b>YOGA</b> ★ <b>Rise &amp; Flow Yoga</b> Studio B - Jenn A	5:15 - 6:00 AM <b>Cycling</b> Studio A - Jenn A	5:15 - 6:00 AM <b>Strength &amp; Conditioning</b> Studio B - Laurie S	8:30 - 9:30 AM <b>Deep Water Exercise</b> Pool - Cindy G
10:00 - 10:45 AM <b>Barre</b> Studio A - Shelby O	6:15 - 7:00 AM <b>Strength &amp; Conditioning</b> Studio B - Miranda R	8:30 - 9:30 AM <b>Deep Water Exercise</b> Pool - Mary B	8:30 - 9:30 AM <b>Deep Water Exercise</b> Pool - Kitty G	10:00 - 11:00 AM <b>Low Impact Strength &amp; Conditioning</b> Studio B - Amber P
10:00 - 11:00 AM <b>Low Impact Stretch &amp; Strength</b> Studio B - Cindy M	8:30 - 9:30 AM <b>Deep Water Exercise</b> Pool - Dona S	9:00 - 9:45 AM <b>Barre</b> Studio B - Shelby O	9:00 - 9:45 AM <b>Zumba</b> Studio B - Jessica A	
11:15 AM - 12:15 PM <b>FOREVERWELL Strength &amp; Endurance</b> Studio B - Cindy M	9:00 - 9:45 AM <b>Flow Star Fitness</b> Studio B - Shelby O	10:00 - 11:00 AM <b>Low Impact Stretch &amp; Strength</b> Studio B - Cindy M	10:00 - 10:45 AM <b>Morning Move &amp; Groove</b> Studio B - Becky Z	
	10:00 - 11:00 AM <b>Balance &amp; Stability</b> Studio B - Kay P	11:15 AM - 12:15 PM <b>FOREVERWELL Strength &amp; Endurance</b> Studio B - Cindy M	5:30 - 6:30 PM ★ <b>YOGA</b> ★ <b>Yoga</b> Studio B - JoAnn M	
	5:30 - 6:30 PM ★ <b>YOGA</b> ★ <b>Yoga</b> Studio B - Sue S	5:30 - 6:15 PM <b>Tabata</b> Studio B - Shelby O		
	6:00 - 6:45 PM <b>Zumba</b> Studio A - Michelle P			

Saturday
10:00 - 11:00 AM ★ <b>YOGA</b> ★ <b>Yoga</b> Studio B - Rotation



**Online Schedule**  
Rotation Instructors  
Cancellations & Changes

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

## Health & Wellness Programs at the Woodson YMCA



**WELLNESS CONSULTATION**

- Complete InBody Scale Assessment & Review
- Nutrition Support
- SMART Goal Setting
- Movement Assessment

Sign Up! \$35 Members Only



**STRENGTH CENTER**


WOODSON YMCA  
WAUSAU BRANCH & 24 HOUR ASPIRUS BRANCH



**POWER PLATES**

Improve Balance, Mobility, Stability, Strength & Motor Control

Reservations Are Open  
WoodsonYMCA.com/spawellnesscenter



**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**




**Stay Connected!**

Join our online community for the latest updates, event highlights, and all the fun happening at the Woodson YMCA!

Connect. Share. Belong.



**BLOOD DRIVE**

JULY 9TH | 10AM - 3PM  
ASPIRUS BRANCH

MAKE APPOINTMENTS AT REDCROSS.ORG



**BLOOD DRIVE**

JULY 24TH | 10AM - 3PM  
WAUSAU BRANCH

MAKE APPOINTMENTS AT REDCROSS.ORG

YOUR SUPPORT HELPS THE WOODSON YMCA CONTINUE ITS NON-PROFIT MISSION OF SERVING YOUTH, FAMILIES, AND OUR COMMUNITY.