



August Group Exercise

Wausau Branch Schedule

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

WOODSON YMCA HOURS

Monday - Friday 5am - 8pm
Saturday 7am - 5pm
Sunday 10am - 2pm

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	6:00 - 6:45 AM Bollywood Body Group Ex Studio - Swati B	5:15 - 6:00 AM Kickboxing & Strength Group Ex Studio - Betsy S	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	9:00 - 9:45 AM Shallow Water Exercise North Pool - Cynthia A	6:00 - 6:45 AM Cycling Cycling Studio - Betsy S	5:15 - 6:00 AM Fusion Fitness Small Group Studio - Alan S
8:45 - 9:45 AM ★ YOGA ★ Vinyasa Flow Yoga Yoga Studio - Stephanie F	7:30 - 8:30 AM Barre Yoga Studio - Renee B	9:00 - 9:55 AM Deep Water Exercise South Pool - Ginny G	6:00 - 6:45 AM S'WET™ North Pool - Melani L	6:00 - 6:45 AM Boot Camp Group Ex Studio - Lisa/Swati
9:00 - 9:55 AM Deep Water Exercise South Pool - Cindy G	9:00 - 9:45 AM Flexible Strength Program Gym - Lori H	9:00 - 10:00 AM ★ YOGA ★ Yoga Yoga Studio - Kerri S	7:00 - 8:00 AM ★ YOGA ★ Rise & Flow Yoga Yoga Studio - Mandy R	9:00 - 9:45 AM Tabata Boot Camp Group Ex Studio - Melissa C
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 - 9:45 AM Strength & Conditioning Program Gym - Betsy S	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 Shallow Water Exercise North Pool - Sandy K	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 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	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 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	10:15 - 11:15 AM ★ YOGA ★ Power Yoga Flow Yoga Studio - Leanne S	11:00 - 11:45 AM Flexibility, Balance & Breath Group Ex Studio - Pam H	9:00 - 9:45 AM Butts & Guts Group Ex Studio - Trish C	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	4:30 - 5:15 PM Dance Fitness Group Ex Studio - Kara T	12:00 - 12:45 PM Total Body Strength Group Ex Studio - Hannah W	10:00 - 10:30 AM Functional Flexibility Group Ex Studio - Renée G	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	5:00 - 6:00 PM ★ YOGA ★ Yoga Flow Yoga Studio - Robyn B	4:00 - 5:00 PM ★ YOGA ★ Strength Slow Flow Yoga Yoga Studio - Amy M	10:00 - 10:45 AM Chair Yoga Program Gym - Lee K	11:15 AM - 12:00 PM Zumba Gold Program Gym - Pam M
11:30 AM - 12:00 PM Get Lit Meditation Yoga Studio - Jamy K	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	4:30 - 5:15 PM WERQ - Cardio Dance Group Ex Studio - Ashley Z	12:00 - 12:45 PM Total Body Strength Group Ex Studio - Hannah W
4:30 - 5:15 PM Pump & Jump Group Ex Studio - Kara T		5:30 - 6:15 PM HIIT Group Ex Studio - Nicole S	5:30 - 6:30 PM Total Body Strength Group Ex Studio - Renée G	
5:30 - 6:15 PM HIIT Group Ex Studio - Carrie H				
5:45 - 6:30 PM Zumba Program Gym - Doug J				

Sunday
10:30 - 11:30 AM
Strength & Stretch
Group Ex Studio - Swati/Betsy

Saturday
7:45 - 8:45 AM ★ YOGA ★
Yoga
Yoga 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



August Group Exercise Aspirus Branch Schedule

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Except Yoga Classes - Unlited 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	9:00 - 9:45 AM Flow Star Fitness Studio B - Shelby O	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 Balance & Stability Studio B - Kay P	11:15 AM - 12:15 PM FOREVERWELL Strength & Endurance Studio B - Cindy M	5:30 - 6:30 PM ★ YOGA ★ Yoga Studio B - JoAnn M	
	5:30 - 6:30 PM ★ YOGA ★ Yoga Studio B - Sue S	5:30 - 6:15 PM Tabata Studio B - Shelby O		
	6:00 - 6:45 PM Zumba Studio A - Michelle P			

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Aspirus Pool Will Be Closed
August 17 - September 7

Health & Wellness Programs at the Woodson YMCA

the Y HEALTH & WELLNESS

WELLNESS CONSULTATION

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

Sign Up! \$35 Members Only

the Y HEALTH & WELLNESS STRENGTH CENTER

WOODSON YMCA
WAUSAU BRANCH & 24 HOUR ASPIRUS BRANCH

the Y HEALTH & WELLNESS POWER PLATES

Improve Balance, Mobility, Stability, Strength & Motor Control

Reservations Are Open
WoodsonYMCA.com/powerplates

24/7 ACCESS
WOODSON YMCA - ASPIRUS BRANCH IN WESTON

24 HOURS

BLOOD DRIVE

AUGUST 18TH | 10AM - 3PM
WAUSAU BRANCH

DONATE BLOOD, SAVE LIVES

MAKE APPOINTMENTS AT REDCROSS.ORG

the Y GIRLS SPORTS SAMPLE

AGES 4+

Saturday, September 12th
9:00AM-12:00PM | Aspirus Branch Fields

WoodsonYMCA.com/girls-rise/

The Landing Annual Gala

Let's party aloha style!
Saturday, September 19th, 2026
The Landing - 3rd Floor | 6:00-10:00 PM

Enjoy a Night Filled With:
Music, Dancing, Raffles & Mingling
Delicious Hors d'oeuvres
Wine, Beer & Drinks Available for Purchase

Non-Members Welcome!
The Landing Annual Fundraiser Supports the Y For All Campaign
Proceeds from this event help ensure that no one is ever turned away from the Woodson YMCA due to an inability to afford fees.

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

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