



# October Group Exercise WAUSAU BRANCH SCHEDULE

All Classes are Included in Your Membership for Ages 12+  
★ Except Unlimited Yoga is \$15/Per Month

## YMCA HOURS

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

### Monday

5:15 – 6:15 AM ★ YOGA ★ <b>Rise &amp; Flow Yoga</b> Yoga Studio   Mandy R
6:00 – 6:45 AM <b>Tabata Boot Camp</b> Group Ex Studio   Betsy S
8:30 – 9:15 AM <b>Cycling</b> Cycling Studio   Emily Z
8:45 – 9:45 AM ★ YOGA ★ <b>Vinyasa Flow</b> Yoga Studio   Rebecca O
9:00 – 9:45 AM <b>Shallow Water Exercise</b> North Pool   Diann N/Renee C
9:00 – 9:55 AM <b>Deep Water Exercise</b> South Pool   Diane M
9:00 – 9:45 AM <b>Zumba Gold</b> Program Gym   Pam
9:15 – 10:00 AM <b>Boxing &amp; Bags</b> Group Ex Studio   Jessie J
10:00 – 10:45 AM <b>SilverSneakers Circuit</b> Program Gym   Robin
10:15 – 11:00 AM <b>Total Body Strength</b> Group Ex Studio   Renée G
10:15 – 11:15 AM ★ YOGA ★ <b>Yoga for All</b> Yoga Studio   Jamy K
4:30 – 5:15 PM <b>Pump &amp; Jump</b> Group Ex Studio   Kara T
5:30 – 6:15 PM <b>HIIT</b> Group Ex Studio   Carrie H
5:30 – 6:30 PM ★ YOGA ★ <b>Warm Yoga</b> Yoga Studio   Kate T
5:45 – 6:30 PM <b>Zumba</b> Program Gym   Doug J

### Tuesday

5:15 – 6:00 AM <b>Strength &amp; Conditioning</b> Group Ex Studio   Barb M
6:00 – 6:45 AM <b>Cycling</b> Cycling Studio   Betsy S
9:00 – 9:45 AM <b>Cycling</b> Cycling Studio   Melissa C
9:00 – 9:45 AM <b>Flexible Strength</b> Program Gym   Lori H
9:00 – 10:00 AM ★ YOGA ★ <b>Gentle Flow Yoga</b> Yoga Studio   Kate T
9:00 – 9:45 AM <b>SilverSneakers Splash</b> North Pool   Karen S
9:00 – 9:45 AM <b>Body Mind Strength</b> Group Ex Studio   Trish C
10:15 – 11:00 AM <b>55+ Strong</b> Program Gym   Lori H
10:15 – 11:15 AM <b>Rhythm Fitness</b> Group Ex Studio   Shelby O
1:15 – 2:15 PM <b>Urban Line Dance</b> Group Ex   Randy & Marilyn
4:30 – 5:15 PM <b>Dance Fitness</b> Group Ex Studio   Kara T
5:30 – 6:30 PM <b>Total Body Strength</b> Group Ex Studio   Susan
6:45 – 8:15 PM <b>Ballroom Dance</b> Group Ex   Randy & Marilyn

### Wednesday

5:15 – 6:00 AM <b>Kickboxing &amp; Strength</b> Group Ex Studio   Lisa S
6:00 – 6:45 AM <b>Cycling</b> Cycling Studio   Chris P
9:00 – 10:00 AM <b>Total Body Strength</b> Program Gym   Renée G
9:00 – 10:00 AM ★ YOGA ★ <b>Yoga</b> Yoga Studio   Kerri S
9:00 – 9:45 AM <b>Shallow Water Exercise</b> North Pool   Cynthia A
9:00 – 9:55 AM <b>Deep Water Exercise</b> South Pool   Renee C
9:00 – 9:30 AM <b>Gentle Cycle</b> Cycling Studio   Lee K / Pam H
9:45 – 10:30 AM <b>SilverSneakers Yoga</b> Group Ex Studio   Pam H
10:00 – 10:45 AM <b>Ai Chi</b> South Pool   Renee C
10:15 – 11:15 AM ★ YOGA ★ <b>Power Yoga Flow</b> Yoga Studio   Leann S
10:45 – 11:30 AM <b>Flexibility &amp; Balance</b> Group Ex Studio   Pam H
12:00 – 12:45 PM <b>Strength &amp; Conditioning</b> Group Ex Studio   Renee B
4:30 – 5:15 PM <b>Boxing &amp; Bags</b> Group Ex Studio   Jessie J
5:30 – 6:30 PM ★ YOGA ★ <b>Deep Release Yoga</b> Yoga Studio   Jamy K
5:30 – 6:15 PM <b>Cycling</b> Cycling Studio   Emily Z
5:45 – 6:30 PM <b>Zumba</b> Group Ex Studio   Barb M

### Thursday

5:15 – 6:15 AM ★ YOGA ★ <b>Rise &amp; Flow Yoga</b> Yoga Studio   Mandy R
5:15 – 6:00 AM <b>Bollywood Body</b> Group Ex Studio   Swati B
6:00 – 6:45 AM <b>Cycling</b> Cycling Studio   Betsy S
9:00 – 9:45 AM <b>HIIT</b> Program Gym   Renée G
9:00 – 9:45 AM <b>Cycling</b> Cycling Studio   Melissa C
9:00 – 9:45 AM <b>Shallow Water Exercise</b> North Pool   Steve R
9:00 – 9:45 AM <b>Butts &amp; Guts</b> Group Ex Studio   Fred T
9:00 – 9:45 AM <b>Barre</b> Yoga Studio   Shelby O
10:00 – 11:00 AM <b>Yoga Body Boot Camp</b> Group Ex Studio   Laura L
10:00 – 10:45 AM <b>SilverSneakers Enerchi</b> Yoga Studio   Lee K
11:00 – 11:45 AM <b>SilverSneakers Yoga</b> Yoga Studio   Lee K
4:30 – 5:15 PM <b>WERQ – Cardio Dance</b> Group Ex Studio   Ashley Z
5:30 – 6:30 PM <b>Total Body Strength</b> Group Ex Studio   Renée G
6:00 – 7:00 PM ★ YOGA ★ <b>Yoga Flow</b> Yoga Studio   Kaycee A

### Friday

5:15 – 6:15 AM ★ YOGA ★ <b>Strength Slow Flow</b> Yoga Studio   Amy M
5:15 – 6:00 AM <b>Fusion Fitness</b> Small Group Training   Alan S
6:00 – 6:45 AM <b>Boot Camp</b> Group Ex Studio   Rotation
9:00 – 10:00 AM ★ YOGA ★ <b>Flow Yoga</b> Yoga Studio   Jamy K
9:00 – 9:45 AM <b>Shallow Water Exercise</b> North Pool   Renee C / Karen S
9:00 – 9:45 AM <b>Tabata Boot Camp</b> Group Ex Studio   Shelby O
9:00 – 10:00 AM <b>Zumba</b> Program Gym   Jessica A
10:15 – 11:00 AM <b>Full Body Fitness</b> Program Gym   Fred T
11:15 AM – 12:00 PM <b>Zumba Gold</b> Program Gym   Pam H

### Saturday

7:45 – 8:45 AM ★ YOGA ★ <b>Yoga</b> Yoga Studio   Rotation
8:00 – 8:45 AM <b>Cycling</b> Cycling Studio   Rotation
9:00 – 10:00 AM <b>Zumba / Dance Fitness</b> Group Ex Studio   Rotation
9:15 – 10:15 AM <b>Barre</b> Yoga Studio   Natalie O

### Sunday

10:15 – 11:15 AM <b>Yoga Body Boot Camp</b> Group Ex Studio   Laura L
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**HALLOWEEN**  
Dance Fitness Party  
Friday, October 25  
6:00–8:00pm  
Program Gym

### Get the App

Wausau-Woodson YMCA  
Schedules & classes are  
included on this App



[WoodsonYMCA.com/wausau\\_group\\_ex](http://WoodsonYMCA.com/wausau_group_ex)

- Rotation Instructors
- Class Location
- Class Cancellation



### Class Key

GROUP EXERCISE
WATER EXERCISE
LOW IMPACT
UNLIMITED ★ YOGA ★ \$15 PER MONTH



# October Group Exercise

## ASPIRUS BRANCH SCHEDULE

All Classes are Included in Your Membership for Ages 12+

★ Except Unlimited Yoga is \$15/Per Month

### YMCA HOURS

Monday - Friday 5am - 9pm

Saturday 7am - 5pm

Sunday 10am - 5pm

#### Monday

5:15 - 6:00 AM

**Total Body Strength**  
Studio B | Madeline L

8:30 - 9:30 AM

**Deep Water Exercise**  
Pool | Nancy Y

10:00 - 11:00 AM

**Low Impact Strength & Stretch**  
Studio B | Cindy

11:15 AM - 12:15 PM

**SilverSneakers Classic**  
Studio B | Cindy

6:00 - 7:00 PM

**Sculpt & Sweat**  
Studio B | Miranda R

#### Tuesday

5:15 - 6:00 AM ★ YOGA ★

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

8:30 - 9:30 AM

**Deep Water Exercise**  
Pool | Dona S

9:00 - 9:45 AM

**HIIT**  
Studio B | Renée G

10:00 - 11:00 AM

**Balance & Stability**  
Studio B | Kay

11:15 AM - 12:00 PM

**SilverSneakers Stability**  
Studio B | Kerry

5:30 - 6:30 PM ★ YOGA ★

**Yoga**  
Studio B | Sue S

#### Wednesday

5:15 - 6:00 AM

**Cycling**  
Studio A | Jenn A

8:30 - 9:30 AM

**Deep Water Exercise**  
Pool | Mary B

9:00 - 9:45 AM

**Core Strength**  
Studio A | Madeline L

10:00 - 11:00 AM

**Low Impact Strength & Stretch**  
Studio B | Cindy

11:15 AM - 12:15 PM

**SilverSneakers Classic**  
Studio B | Cindy

5:30 - 6:15 PM

**WERQ**  
Studio B | Ashley Z

#### Thursday

5:15 - 6:00 AM

**Strength & Conditioning**  
Studio B | Laurie S

8:30 - 9:30 AM

**Deep Water Exercise**  
Pool | Kitty G

9:00 - 9:45 AM

**Zumba**  
Studio B | Jessica A

5:30 - 6:30 PM ★ YOGA ★

**Restorative Yoga**  
Studio B | Roxie B

#### Friday

5:15 - 6:00 AM

**Cycling**  
Studio A | Jenn A

8:30 - 9:30 AM

**Deep Water Exercise**  
Pool | Cindy G

10:00 - 11:00 AM

**Low Impact Strength & Conditioning**  
Studio B | Amber P

11:15 AM - 12:00 PM

**SilverSneakers Circuit**  
Studio B | Kerry M

#### Class Key

GROUP EXERCISE

WATER EXERCISE

LOW IMPACT

UNLIMITED ★ YOGA ★  
\$15 PER MONTH

Get the App

Wausau-Woodson YMCA

Aspirus Branch is included on this App



[WoodsonYMCA.com/aspirus\\_group\\_ex](http://WoodsonYMCA.com/aspirus_group_ex)

- Rotation Instructors
- Class Location
- Class Cancellation



## Health & Wellness at Woodson YMCA

the Y YOGA

UNLIMITED CLASSES  
\$15/MONTH MEMBERS ONLY  
\$10 SINGLE CLASS MEMBERS & NON-MEMBERS




the Y HEALTH & WELLNESS

NEW! WELLNESS CONSULTATION Sign Up!

45 Minute Consult Includes:

- InBody Scale Review
- Review of Goals
- Nutrition Support
- Movement Assessment

\$35 Members Only




FREE PT PREVIEW

Learn about our new Personal Training Program




24/7 ACCESS  
Woodson YMCA - Aspirus Branch in Weston

24 HOURS



SMALL GROUP TRAINING Starts October 28th




FREE Wellness Center Orientations Available




FREE Sprint 8® Orientations Available




### WORKOUT ANYTIME! at the Aspirus Branch

24 Hour Wellness Center Access

- Treadmills, Bikes, Ellipticals and Climbmills

- Row Machines, Machine Weights & Free Weights

24 Hour Gym Access

- Pickleball & Basketball

\$5 Monthly for Active Members

\$20 One-Time Access Key Fee

Adult Woodson Y Members Only

