



January Group Exercise Wausau Branch Schedule

Classes are Free for Members Ages 12+, Except Unlimited Yoga is \$15/Per Month



YMCA HOURS

Monday - Friday 5am - 9pm
Saturday 7am - 5pm
Sunday 10am - 5pm
New Years Day: 9am - 3pm

Monday

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

Tuesday

5:15 - 6:00 AM
Strength & Conditioning Group Ex Studio Barb M
6:00 - 6:45 AM
Cycling Cycling Studio Betsy S
9:00 - 9:45 AM
Cycling Cycling Studio Melissa C
9:00 - 9:45 AM
Flexible Strength Program Gym Lori H
9:00 - 10:00 AM ★ YOGA ★
Gentle Flow Yoga Yoga Studio Kate T
9:00 - 9:45 AM
55+ Aquatic Exercise North Pool Karen S
9:00 - 9:45 AM
Body Mind Strength Group Ex Studio Trish C
10:15 - 11:00 AM
55+ Strong Program Gym Lori H
10:15 - 11:15 AM
Rhythm Fitness Group Ex Studio Rachel B
1:15 - 2:15 PM **Starts Jan. 14
Urban Line Dance** Group Ex Randy & Marilyn
4:30 - 5:15 PM
Dance Fitness Group Ex Studio Kara T
5:30 - 6:30 PM
Total Body Strength Group Ex Studio Susan S
6:45 - 8:15 PM **Starts Jan. 14
Ballroom Dance** Group Ex Randy & Marilyn

PLEASE NOTE

Starlight Invitational Gymnastics Meet

Wausau Branch

Friday-Sunday, January 10-12
Gyms Closed as of Friday Noon
No Group Exercise - Wausau
Saturday & Sunday

Wednesday

5:15 - 6:00 AM
Kickboxing & Strength Group Ex Studio Lisa S
6:00 - 6:45 AM
Cycling Cycling Studio Chris P
9:00 - 9:45 AM
Strength & Conditioning Program Gym Renee B
9:00 - 10:00 AM ★ YOGA ★
Yoga Yoga Studio Kerri S
9:00 - 9:45 AM
Shallow Water Exercise North Pool Cynthia A
9:00 - 9:55 AM
Deep Water Exercise South Pool Renee C
10:15 - 11:00 AM
S'WET™ South Pool Renée G
9:00-9:30 AM
Gentle Cycle Cycling Studio Lee K / Pam H
9:45 - 10:30 AM
Chair Yoga Group Ex Studio Pam H
10:15 - 11:15 AM ★ YOGA ★
Power Yoga Flow Yoga Studio Leanne S
10:45 - 11:30 AM
Flexibility Balance Breath Group Ex Studio Pam H
12:00 - 12:45 PM
Total Body Strength Group Ex Studio Renee B
4:30 - 5:15 PM
Boxing & Bags Group Ex Studio Jessie J
5:30 - 6:30 PM ★ YOGA ★
Deep Release Yoga Yoga Studio Jamy K
5:30 - 6:15 PM
Cycling Cycling Studio Emily Z
5:45 - 6:30 PM
Zumba Group Ex Studio Becky Z

Thursday

5:15 - 6:15 AM ★ YOGA ★
Rise & Flow Yoga Yoga Studio Mandy R
5:15 - 6:00 AM
Bollywood Body Group Ex Studio Swati B
6:00 - 6:45 AM
Cycling Cycling Studio Betsy S
6:00 - 6:45 AM
S'WET™ North Pool Melani L
9:00 - 9:45 AM
HIIT Program Gym Renée G
9:00 - 9:45 AM
Cycling Cycling Studio Melissa C
9:00 - 9:45 AM
Shallow Water Exercise North Pool Steve R
9:00 - 9:45 AM
Butts & Guts Group Ex Studio Fred T
9:00 - 9:45 AM
Barre Yoga Studio Renee B
10:15 - 10:45 AM
Functional Flexibility Group Ex Studio Renée G
10:00 - 10:45 AM
55+ Tai Chi Yoga Studio Lee K
11:00 - 11:45 AM
Chair Yoga Yoga Studio Lee K
4:30 - 5:15 PM
WERQ - Cardio Dance Group Ex Studio Ashley Z
5:30 - 6:30 PM
Total Body Strength Group Ex Studio Renée G
6:00 - 7:00 PM ★ YOGA ★
Yoga Flow Yoga Studio Kaycee A

Friday

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

Saturday

7:45 - 8:45 AM ★ YOGA ★
Yoga Yoga Studio Rotation
8:00 - 8:45 AM
Cycling Cycling Studio Rotation
9:00 - 10:00 AM
Zumba / Dance Fitness Group Ex Studio Rotation
9:15 - 10:15 AM
Barre Yoga Studio Natalie O
Sunday
10:15 - 11:15 AM
Yoga Body Boot Camp Group Ex Studio Laura L

Class Key

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

Get the App

Wausau-Woodson YMCA
App Includes: Group Ex,
Pool & Gym Schedules



WoodsonYMCA.com/wausau_group_ex

- Rotation Instructors
- Class Cancellation
- Schedule Changes





January Group Exercise Aspirus Branch Schedule

Classes are Free for Members Ages 12+, Except Unlimited Yoga is \$15/Per Month

YMCA HOURS

Monday - Friday 5am - 9pm
Saturday 7am - 5pm
Sunday 10am - 5pm
New Years Day: 9am - 3pm

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

55+ Strength & Endurance
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

55+ Stability
Studio B | Kerry

5:30 - 6:15 PM

Cycling
Studio A | Christine B

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

55+ Strength & Endurance
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 | Lydia P

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

55+ Circuit
Studio B | Kerry M

Get the App

Wausau-Woodson YMCA
Aspirus Branch is
included on this App



WoodsonYMCA.com/aspirus_group_ex

- Rotation Instructors
- Class Cancellation
- Schedule Changes



Class Key

GROUP EXERCISE

WATER EXERCISE

LOW IMPACT

UNLIMITED ★ YOGA ★
\$15 PER MONTH

the **Y** YMCA

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



Season 3
January 6 - February 14

SMALL GROUP TRAINING
Find Out More >




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 Climbbills
- 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

