



February 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

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
9:15 – 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 Lisa S
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 – 9:45 AM 55+ Aquatic Exercise North Pool Karen S
9:00 – 9:45 AM Body Mind Strength Group Ex Studio Trish C
9:00 – 10:00 AM ★ YOGA ★ Gentle Flow Yoga Yoga Studio Kate T
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 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 Ballroom Dance Group Ex Randy & Marilyn

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 – 9:30 AM Gentle Cycle Cycling Studio Lee K / Pam H
9:00 – 9:45 AM Strength & Conditioning Program Gym Renee B
9:00 – 9:45 AM Shallow Water Exercise North Pool Cynthia A
9:00 – 9:55 AM Deep Water Exercise South Pool Renee C
9:00 – 10:00 AM ★ YOGA ★ Yoga Yoga Studio Kerri S
9:45 – 10:30 AM Chair Yoga Group Ex Studio Pam H
10:15 – 11:00 AM S'WET™ South Pool Renée G
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 Susan S
4:30 – 5:15 PM Boxing & Bags Group Ex Studio Jessie J
5:30 – 6:15 PM Cycling Cycling Studio Emily Z
5:30 – 6:30 PM ★ YOGA ★ Deep Release Yoga Yoga Studio Jamy K

Thursday

5:15 – 6:00 AM Bollywood Body Group Ex Studio Swati B
5:15 – 6:15 AM ★ YOGA ★ Rise & Flow Yoga Yoga Studio Mandy R
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 Shallow Water Exercise North Pool Steve R
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 Barre Yoga Studio Renee B
9:00 – 9:45 AM Butts & Guts Group Ex Studio Fred T
10:00 – 10:45 AM 55+ Tai Chi Yoga Studio Lee K
10:15 – 10:45 AM Functional Flexibility Group Ex Studio Renée G
10:30 – 11:00 AM Family Stretch & Connect Small Group Studio Rachel B
11:00 – 11:45 AM Chair Yoga Group Ex 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
5:30 – 6:30 PM ★ YOGA ★ Yoga Flow Yoga Studio Kaycee A

Friday

5:15 – 6:00 AM Fusion Fitness Small Group Studio Alan S
5:15 – 6:15 AM ★ YOGA ★ Strength Slow Flow Yoga Studio Amy M
6:00 – 6:45 AM Boot Camp Group Ex Studio Rotation
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
9:00 – 10:00 AM ★ YOGA ★ Yoga Flow Yoga Studio Jamy K
10:15 – 11:00 AM Full Body Fitness Program Gym Fred T
10:15 – 11:15 AM ★ YOGA ★ Power Yoga Flow Yoga Studio Leanne S
12:00 – 12:45 PM Total Body Strength Group Ex Studio Susan S
1:00 – 1:30 PM Functional Flexibility Group Ex Studio Susan S

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
★ 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





February Group Exercise Aspirus Branch Schedule

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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 M
11:15 AM - 12:15 PM
55+ Strength & Endurance Studio B Cindy M
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 P
11:15 AM - 12:00 PM
55+ Stability Studio B Kerry M
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
10:00 - 11:00 AM
Low Impact Strength & Stretch Studio B Cindy M
11:15 AM - 12:15 PM
55+ Strength & Endurance Studio B Cindy M
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
11:15 AM-12:00 PM
55+ Circuit Studio B Kerry M
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

Class Key

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

Get the App

Wausau-Woodson YMCA
Aspirus Branch is included on this App



WoodsonYMCA.com/aspirus_group_ex

- Rotation Instructors
- Class Cancellation
- Schedule Changes



PERSONAL TRAINING

Start Your Fitness Journey Now!
Schedule a Free Meeting with a Personal Trainer

WELLNESS CONSULTATION

- 45 Minute Consult
- Includes InBody Scale
- Review Results
- Discuss Your Goals

the Y \$35 Members Only

UNLIMITED YOGA
\$15/Month for Members Only

24/7 ACCESS
Woodson YMCA - Aspirus Branch in Weston

24 HOURS

Small Group Training Season 4
February 24 - April 11
Register 2/12 at 8am

Y FOR ALL FAMILY DANCE

Saturday February 15th
5:30 - 8:00 pm

Get Your Tickets
\$18 Members
\$22 Non-Members

Family Stretch & Connect

Thursdays at 11-11:30am
Free for Members

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