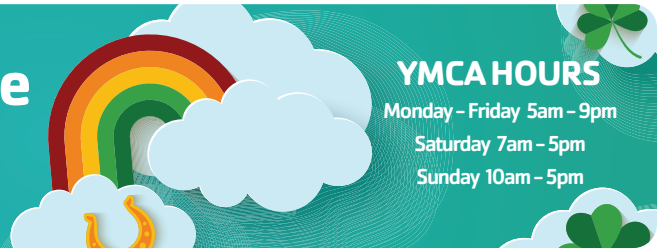




March Group Exercise Wausau Branch Schedule

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
9:00 - 9:45 AM RETURNS
Zumba Gold March 17 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 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
Barre Yoga Studio Shelby O
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 - 9:45 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
9:15-9:45 AM
Gentle Cycle Cycling Studio Lee K / Pam H
10:00 - 10:45 AM
Chair Yoga Program Gym Lee K
10:15 - 11:00 AM
S'WET™ South Pool Renée G
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
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
Chair Yoga Program Gym 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
55+ Tai Chi 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
11:15AM - 12:00PM RETURNS
Zumba Gold March 21 Program Gym Pam M
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



WoodsonYMCA.com/schedules
• Rotation Instructors
• Class Cancellation
• Schedule Changes

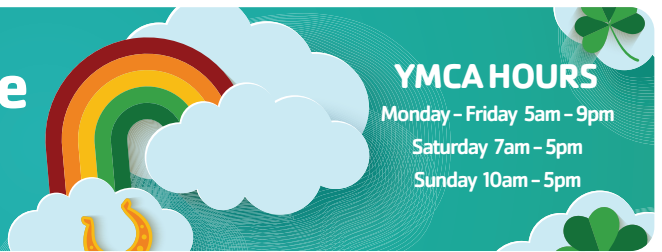


Get the App
Wausau-Woodson YMCA
App Includes: Group Exercise
Pool & Gym Schedules



March 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

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/schedules

- Rotation Instructors
- Class Cancellation
- Schedule Changes

PERSONAL TRAINING

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

UNLIMITED YOGA PASS

\$15/Month
Members Only

Summer Lifeguard Interviews

Open to Ages 15+

March 31,
April 3 & 7
3:30-5:00pm
Aspirus Branch

Training Class
March 24-26

24/7 ACCESS
WOODSON YMCA - ASPIRUS BRANCH IN WESTON

24 HOURS

Aspirus Branch - Weston

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

Learn-to-Play Pickleball Clinic

Thursday
March 20 or April 17
Fieldhouse - Wausau
11am-1pm
Aspirus Gym
5-7pm

Pickleball Classes

Skills & Drills
Mondays: 3/3 - 4/14
Program Gym - Wausau
1-3pm

Strategies
Wednesdays: 3/5 - 4/16
Aspirus Gym
1-3pm

Open/Family Swim

South Pool - Wausau Branch

Every Week Open Swim

- Fridays 5-7pm
- Saturdays 1-4pm
- Sundays 1-4pm

Spring Break Bonus Open Swim

- Check App or Website for Times