



# Program Gym @ Woodson YMCA-Wausau

February 12th - February 18th

707 N. 3rd Street  
Wausau, WI 54403  
715-845-2177

	WED 12	THU 13	FRI 14	SAT 15	SUN 16	MON 17	TUE 18
7am				Reserved for Youth Basketball League 7am - 12:30pm			
9am	<b>Strength &amp; Conditioning</b> Renee B 9am - 9:45am	<b>HIIT</b> Renee Giese 9am - 9:45am	<b>Zumba</b> Jessica A 9am - 10am				<b>Flexible Strength</b> Lori H 9am - 9:45am
10am	<b>Open Gym Basketball - Program Gym</b> 10am - 1:30pm	<b>Family Gym &amp; Child Care</b> 10am - 12pm	<b>Full Body Fitness</b> Fred T 10:15am - 11am		<b>Pickleball - Open Play</b> 10am - 1:30pm	<b>55+ Circuit</b> Robin N 10am - 10:45am	<b>55+ Strong</b> Lori H 10:15am - 11am
11am			<b>Open Gym Basketball - Program Gym</b> 11:15am - 1pm			<b>Open Gym Basketball - Program Gym</b> 11am - 1pm	<b>Family Gym &amp; Child Care</b> 11am - 1:30pm
12pm				Closed for Y For All Family Dance Set Up 12:30pm - 5pm			
1pm			<b>Pickleball - Open Guided Play</b> 1pm - 3pm		<b>Family Gym - Program Gym</b> 1:30pm - 5pm	<b>Pickleball Skills &amp; Drills</b> 1pm - 3pm	<b>Pickleball - Open Play</b> 1:30pm - 3pm
3pm	<b>Reserved - Program Gym</b> 3pm - 4pm	<b>Reserved - Program Gym</b> 3pm - 4pm	<b>Reserved - Program Gym</b> 3pm - 4pm			<b>Reserved - Program Gym</b> 3pm - 4pm	<b>Reserved - Program Gym</b> 3pm - 4pm
4pm	<b>Family Gym - Program Gym</b> 4pm - 5:15pm	<b>Family Gym - Program Gym</b> 4pm - 4:45pm	<b>Family Gym - Program Gym</b> 4pm - 4:45pm			<b>Pickleball - Open Play</b> 4pm - 5:30pm	<b>Family Gym - Program Gym</b> 4pm - 4:45pm
		<b>Karate Class</b> 4:45pm - 7:15pm	<b>Karate Class</b> 4:45pm - 6:15pm				<b>Karate Class</b> 4:45pm - 7:15pm
5pm	<b>Karate Class</b> 5:15pm - 7:15pm			<b>Y FOR ALL - Family Dance</b> 5:30pm - 8pm		<b>Zumba</b> Doug J 5:45pm - 6:30pm	
6pm			<b>Family Gym - Program Gym</b> 6:15pm - 7:15pm			<b>Pickleball - Open Play</b> 6:45pm - 9pm	
7pm	<b>Pickleball - Open Play</b> 7:15pm - 9pm	<b>Pickleball - Open Play</b> 7:15pm - 9pm	<b>Pickleball - Program Gym</b> 7:15pm - 9pm				<b>Pickleball - Open Play</b> 7:15pm - 9pm

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.