



Program Gym @ Woodson YMCA-Wausau

April 26th - May 2nd

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

	SAT 26	SUN 27	MON 28	TUE 29	WED 30	THU 1	FRI 2
5am			Open Gym 5am - 8:45am	Open Gym 5am - 8:45am	Open Gym 5am - 8:45am	Open Gym 5am - 8:45am	Open Gym 5am - 8:45am
7am	Pickleball - Program Gym 7am - 8:30am						
8am	Karate Class 8:45am - 11:15am						
9am			Zumba Gold Pam M 9am - 9:45am	Flexible Strength Lori H 9am - 9:45am	Strength & Conditioning Renee B 9am - 9:45am	HIIT Renee Giese 9am - 9:45am	Zumba Jessica A 9am - 10am
10am		Pickleball - Open Play 10am - 1:30pm	55+ Circuit Robin N 10am - 10:45am	55+ Strong Lori H 10:15am - 11am	Chair Yoga Pam H 10am - 10:45am	Chair Yoga Lee - 10am - 10:45am	Full Body Fitness Fred T 10:15am - 11am
11am	Family Gym - Program Gym 11:15am - 1:30pm		Open Gym Basketball - Program Gym 11am - 1:30pm	Family Gym & Child Care 11am - 1:30pm	Open Gym Basketball - Program Gym 11am - 1:30pm	Family Gym & Child Care 11am - 1:30pm	Zumba Gold Pam M 11:15am - 12pm
12pm							Open Gym Basketball - Program Gym 12pm - 1:30pm
1pm	Pickleball - Open Play 1:30pm - 5pm	Family Gym - Program Gym 1:30pm - 5pm	Pickleball - Open Play 1:30pm - 3pm	Pickleball - Open Play 1:30pm - 3pm	Pickleball - Open Play 1:30pm - 3pm	Pickleball - Open Play 1:30pm - 3pm	Pickleball - Open Play 1:30pm - 3pm
3pm			Reserved - Program Gym 3pm - 4pm	Reserved - Program Gym 3pm - 4pm	Reserved - Program Gym 3pm - 4pm	Reserved - Program Gym 3pm - 4pm	Reserved - Program Gym 3pm - 4pm
4pm			Pickleball - Open Play 4pm - 5:30pm	Family Gym - Program Gym 4pm - 4:45pm	Family Gym - Program Gym 4pm - 5:15pm	Family Gym - Program Gym 4pm - 4:45pm	Karate Class 4:15pm - 5:45pm
				Karate Class 4:45pm - 7:15pm		Karate Class 4:45pm - 7:15pm	
5pm			Zumba Class Canceled Due to Weather 5:45pm - 6:30pm		Karate Class 5:15pm - 7:15pm		Family Gym - Program Gym 5:45pm - 7:15pm
6pm			Pickleball - Open Play 6:45pm - 9pm				
7pm				Pickleball - Open Play 7:15pm - 9pm	Pickleball - Open Play 7:15pm - 9pm	Pickleball - Open Play 7:15pm - 9pm	Pickleball - Program Gym 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.