



North Pool @ Woodson YMCA-Wausau
July 1st - July 7th

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

	TUE 1	WED 2	THU 3	FRI 4	SAT 5	SUN 6	MON 7
6am			S'WET™- North Pool (2 Lanes) (4 Lap Lanes Open) Melani L 6am - 6:45am				
7am					Lap Swim/Water Walking (6) 7am - 2pm		
9am	55+ Aquatic Exercise (No Lap Swim) Karen - 9am - 9:45am	Shallow Water Exercise (No Lap Swim) Cynthia A 9am - 9:45am	Shallow Water Exercise (No Lap Swim) Steve R 9am - 9:45am				Shallow Water Exercise (No Lap Swim) Diann N / Renee G 9am - 9:45am
10am						Lap Swim/Water Walking (6) 10am - 1:45pm	
4pm	Lap Swim/Water Walking (6) 4pm - 7:45pm	Lap Swim/Water Walking (6) 4pm - 7:45pm	Lap Swim/Water Walking (6) 4pm - 7:45pm				Lap Swim/Water Walking (6) 4pm - 7:45pm

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.