



North Pool @ Woodson YMCA-Wausau
September 5th - September 11th

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

| | THU 5 | FRI 6 | SAT 7 | SUN 8 | MON 9 | TUE 10 | WED 11 |
|------|---|---|---|--|---|---|---|
| 5am | Lap Swim/Water Walking (6) 5am - 8:50am | Lap Swim/Water Walking (6) 5am - 8:50am | | | Lap Swim/Water Walking (6) 5am - 8:50am | Lap Swim/Water Walking (6) 5am - 8:50am | Lap Swim/Water Walking (6) 5am - 8:50am |
| 7am | | | Lap Swim/Water Walking (6) 7am - 2pm | | | | |
| 9am | Shallow Water Exercise (No Lap Swim) Steve R 9am - 9:45am | Shallow Water Exercise (No Lap Swim) Renee / Karen 9am - 9:45am | | | Shallow Water Exercise (No Lap Swim) Diann / Renee 9am - 9:45am | 55+ Aquatic Exercise (No Lap Swim) Karen - 9am - 9:45am | Shallow Water Exercise (No Lap Swim) Cynthia A 9am - 9:45am |
| | Lap Swim/Water Walking (6) 9:55am - 2pm | Lap Swim/Water Walking (6) 9:55am - 2pm | | | Lap Swim/Water Walking (6) 9:55am - 2pm | Lap Swim/Water Walking (6) 9:55am - 2pm | Lap Swim/Water Walking (6) 9:55am - 2pm |
| 12pm | | | | Lap Swim/Water Walking (6) 12pm - 4pm | | | |
| 4pm | Lap Swim/Water Walking (6) 4pm - 4:30pm | | | | Lap Swim/Water Walking (6) 4pm - 4:30pm | Lap Swim/Water Walking (6) 4pm - 4:30pm | Lap Swim/Water Walking (6) 4pm - 4:30pm |
| | Lap Swim/Water Walking (3) 4:30pm - 7:30pm | | | | Lap Swim/Water Walking (3) 4:30pm - 7:30pm | Lap Swim/Water Walking (3) 4:30pm - 6pm | Lap Swim/Water Walking (3) 4:30pm - 7:30pm |
| 6pm | | | | | | Lap Swim/Water Walking (6) 6pm - 8pm | |
| 7pm | Lap Swim/Water Walking (6) 7:30pm - 8pm | | | | Lap Swim/Water Walking (6) 7:30pm - 8pm | | Lap Swim/Water Walking (6) 7:30pm - 8pm |

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.