



South Pool @ Woodson YMCA-Wausau
August 1st - August 7th

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

| | FRI 1 | SAT 2 | SUN 3 | MON 4 | TUE 5 | WED 6 | THU 7 |
|------|-------|------------------------|-------|--|-------|---|-------|
| 9am | | | | Deep Water Exercise Cindy G 9am - 9:55am | | Deep Water Exercise Ginny G 9am - 9:55am | |
| 10am | | | | | | S'WET™- South Pool Renee Giese 10:15am - 11am | |
| 1pm | | Open Swim 1pm - 4pm | | | | | |

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.