

### Wausau Branch

#### Monday

**Zumba Gold**  
9:00-9:45am  
**Pam | V**  
Program Gym  
\*\*\*\*\*

**SilverSneakers  
Circuit**  
10:00-10:45am  
**Robin | V**  
Program Gym

#### Tuesday

**SilverSneakers  
Splash**  
9:00-9:45am  
**Karen**  
North Pool  
\*\*\*\*\*

**55+ Strong**  
10:15-11:00am  
**Lori | V**  
Program Gym  
\*\*\*\*\*

**Golden Warriors-  
Tai Chi**  
10:15-11:00am  
**Scott |**  
Yoga Studio  
\*\*\*\*\*

**Urban Line  
Dance**  
1:15-2:15pm  
**Randy & Marilyn**  
Group Ex. Studio  
\*\*\*\*\*

**Ballroom Dance  
Lessons**  
6:45-8:15pm  
**Randy & Marilyn**  
Group Ex. Studio

#### Wednesday

**Gentle Cycle**  
9:00-9:30am  
**Pam & Lee**  
Cycling Studio  
\*\*\*\*\*

**SilverSneakers  
Yoga**  
9:45-10:30am  
**Pam | V**  
Group Ex. Studio  
\*\*\*\*\*

**Flexibility, Balance  
& Breath**  
10:45-11:30am  
**Pam | V**  
Group Ex.  
Studio

#### Thursday

**Butts & Guts**  
9:00-9:45am  
**Fred | V**  
Group Ex. Studio  
\*\*\*\*\*

**SilverSneakers  
Enerchi**  
10:00-10:45am  
**Lee | V**  
Group Ex. Studio  
\*\*\*\*\*

**SilverSneakers  
Yoga**  
11:00-11:45am  
**Lee | V**  
Group Ex. Studio  
\*\*\*\*\*

**Body Mind Strength**  
1:15-2:00pm  
**Trish**  
Group Ex. Studio

#### Friday

**Full Body  
Fitness**  
10:15-11:00am  
**Fred | V**  
Program Gym  
\*\*\*\*\*

**Zumba Gold**  
11:15-12:00pm  
**Pam | V**  
Program Gym

### Aspirus Branch

#### Monday

**Low Impact  
Stretch & Strength**  
10:00-11:00am  
**Cindy | Studio B**  
\*\*\*\*\*

**SilverSneakers  
Classic**  
11:15-12:00pm  
**Cindy | Studio B**

#### Wednesday

**Low Impact  
Stretch & Strength**  
10:00-11:00am  
**Cindy | Studio B**  
\*\*\*\*\*

**SilverSneakers  
Classic**  
11:15-12:00pm  
**Cindy | Studio B**

#### Thursday

**Gentle Stretch  
& Balance**  
10:30-11:15am  
**Kerry | Studio B**

#### Friday

**Low Impact  
Stretch & Strength**  
10:00-11:00am  
**Amber | Studio B**  
\*\*\*\*\*

**SilverSneakers  
Classic**  
11:15-12:00pm  
**Madeline | Studio B**

Registration is only required for virtual classes. Virtual Classes have a V listed next to the instructors name.

**Highlighted classes are a series and there is a fee to participate**

**Zumba Gold** - A modified Zumba class for active older adults that recreates the original moves you love at a lower-intensity. How it works: the design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. **Instructor: Pam M.**

**SilverSneakers Circuit** - The Silver Sneakers Circuit workout offers standing, low-impact choreography alternated with standing upper body strength work with hand-held weights, elastic tubing or ball. Suitable for nearly every fitness level. Chair available for support. **Instructor: Robin N.**

**Low Impact Strength & Stretch** - A class incorporating strength along with balance, and flexibility exercises. Second half of each class includes movements to the floor. **Instructor: Cindy M. and Amber P.**

**SilverSneakers Classic** - Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.

**Instructor: Cindy M. & Madeline L.**

**SilverSneakers Splash** - SilverSneakers Splash is a water aerobics and strength class designed for all skill levels—even non-swimmers. This aqua exercise class offers a high-energy workout that reduces impact on your knees and back.

**Instructor: Karen S.**

**55+ Strong** - The 55+ Strong class offers light strengthening exercises combining bodyweight exercises and/or other objects for additional resistance. **Instructor: Lori H.**

**Gentle Cycle** - This class is a great way to get introduced to cycling as a fun form of lifelong exercise. You will use the resistance settings on the bike as well as speed to modify the ride to suit your specific comfort level.

**Instructor: Pam H. & Lee K.**

**SilverSneakers Yoga** - Move your whole body through a complete series of seated and standing yoga poses. Restorative breathing exercises and a final relaxation period will promote stress reduction and mental clarity. **Instructor: Pam H. & Lee K.**

**Flexibility, Balance, & Breath** - Join us for an intermediate yoga style class. Although the movements are modifiable, anticipate moving from standing to floor position throughout the exercise. **Instructor: Pam H.**

**Butts and Guts- 55+** - This 45-minute workout utilizes a stability ball, mat, weights and a small resistance band. It is low impact, but works your glutes with bridges and squats, and your abs with the stability ball. This class is a good companion to the Full Body Fitness class just before! **Instructor: Fred T.**

**SilverSneakers Enerchi** - This Class provides exercise for the body and concentration for the mind. The gentle movements of Tai Chi will help relieve your stress, improve balance, flexibility and flow through everyday life. Easy to learn! **Instructor: Lee K.**

**Body Mind Strength**- This class is composed of two parts. Part one- Breathing, warm-up & proper form, posture & feeling the muscles you are working. Part two- Low Impact Strength using dumbbells, resistance Bands, chairs and mats. - **Instructor: Trish C.**

**Gentle Stretch & Balance**- This class will focus on balance exercises and gentle stretching. **Instructor: Kerry M.**

**Full Body Fitness with Fred** - Join Fred for Full Body Fitness on Friday!! A fun mix of cardio moves, kickboxing, strength conditioning, and abdominals to whip you into shape! **Instructor: Fred T.**