

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

NEW!! 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

★ Urban Line Dance & Dance Lessons end May 14th until the Fall

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 Strength & Conditioning
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.

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.**

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.**

Low Impact Strength & Conditioning- This class will give you the perfect mix of strength and low-impact cardio moves for a good full-body workout. **Instructor: Amber P**