

Wausau Branch

Monday

Zumba Gold

9:00-9:45am

Pam | Pro. Gym

**SilverSneakers
Circuit**

10:00-10:45am

Robin | Pro. Gym

Tuesday

SilverSneakers

Splash

9:00-9:45am

Karen | N. Pool

**Body Mind
Strength**

9:00-9:45am

Trish | GX. Studio

55+ Strong

10:15-11:00am

Lori | Pro. Gym

**Urban Line
Dancing**

1:15-2:00pm

**Randy & Marilyn
GX. Studio**

**Ballroom Dance
Lessons**

6:45-8:00pm

**Randy & Marilyn
GX. Studio**

Wednesday

Gentle Cycle

9:00-9:30am

Pam | GX. Studio

**SilverSneakers
Yoga**

9:45-10:30am

Pam | GX. Studio

**Flexibility,
Balance & Breath**

10:45-11:30am

Pam | GX. Studio

Thursday

Butts & Guts

9:00-9:45am

Fred | GX. Studio

**SilverSneakers
Enerchi**

10:00-10:45am

Lee | Yoga Studio

**SilverSneakers
Yoga**

11:00-11:45am

Lee | Yoga Studio

Friday

**Full Body
Fitness**

10:15-11:00am

Fred | Pro. Gym

Zumba Gold

11:15-12:00pm

Pam | Pro. Gym

New Location

**Dance Classes
are BACK!**

Aspirus Branch

Monday

**Low Impact
Stretch &
Strength**

10:00-11:00am

Cindy | Studio B

**SilverSneakers
Classic**

11:15-12:00pm

Cindy | Studio B

Tuesday

**Balance &
Stability**

10:00-11:00am

Kay | Studio B

**SilverSneakers
Stability**

11:15-12:00pm

Kerry | Studio B

Wednesday

**Low Impact
Stretch &
Strength**

10:00-11:00am

Cindy | Studio B

**SilverSneakers
Classic**

11:15-12:00pm

Cindy | Studio B

Friday

**Low Impact
Strength &
Conditioning**

10:00-11:00am

Amber | Studio B

**SilverSneakers
Circuit**

11:15-12:00pm

Kerry | Studio B

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. & Kerry M.**

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.

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.

SilverSneakers Stability- Focused on improving balance, this standing class uses chair support to advance cognition and fall prevention skills.

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