



55+ Group Exercise Schedule

December 2025 Wausau Branch

Members: Free

Must have all access
YMCA Membership
to participate.

Monday

9:00am	Zumba Gold	Pam M.	Program Gym
10:00am	55+ Circuit	Robin N.	Program Gym

Tuesday

9:00am	55+ Aquatic Exercise	Karen S.	North Pool
9:00am	Mind, Body, Strength	Trish C.	Group Ex. Studio
10:15am	55+ Strong	Lori H.	Program Gym
1:15pm:	Urban Line Dancing	Marilyn/Randy	Group Ex. Studio
6:45pm:	Ballroom Dance Lessons	Marilyn/Randy	Group Ex. Studio

Wednesday

9:15am:	Gentle Cycling	Pam H. & Lee K.	Cycling Studio
10:00am	Chair Yoga	Pam H.	Program Gym
11:00am	Flexibility, Balance & Breath	Pam H.	Group Ex. Studio
11:00am	Zumba Gold Toned	Pam M.	Program Gym

Thursday

9:00am	Butts & Guts	Sub: Trish C.	Group Ex. Studio
10:00am:	Chair Yoga	Lee K.	Program Gym
11:00am:	55+ Tai Chi	Lee K. .	Group Ex. Studio

Friday

10:15am	Full Body Fitness	Sub: Becky Z.	Program Gym
11:15am:	Zumba Gold	Pam M.	Program Gym

Aspirus Branch

Monday

10:00am	Low Impact Stretch & Strength	Cindy M.	Studio B
11:15am	55+ Strength & Endurance	Cindy M.	Studio B

Tuesday

10:00am	Balance & Stability	Kay P.	Studio B
11:15am	Gentle Stretch & Recovery	Kerry M.	Studio B

Wednesday

10:00am	Low Impact Stretch & Strength	Cindy M.	Studio B
11:15am	55+ Strength & Endurance	Cindy M.	Studio B

Thursday

10:00am	Morning Move & Groove	Becky Z.	Studio B
11:00am	Gentle Stretch & Recovery	Kerry M.	Studio B

Friday

10:00am	Low Impact Strength & Cond.	Amber P.	Studio B
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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.**

55+ Circuit - The 55+ 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.

55+ Strength & Endurance - 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.

55+ Aquatic Exercise - 55+ Aquatic Exercise 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.

Chair 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.

55+ Tai Chi - 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.

55+ 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

Balance & Stability- Build your functional strength through breathing and core fitness. The class will use body weight, bands and dumbbells to help you gain agility, strength and flexibility.

Instructor: Kay P.