



# SEPTEMBER 2024

## ACTIVE OLDER ADULTS FOND DU LAC FAMILY YMCA

To learn more about our Active Older Adults programming and opportunities visit our website at [fdlymca.org](http://fdlymca.org) or contact Jake Berger at [jacob.berger@fdlymca.org](mailto:jacob.berger@fdlymca.org).



### AOA BOOK CLUB:

Last Tuesday of the month.  
11:30 am - 12:30 pm  
Healthy Living Center  
Books will be provided.

### ALL SCHEDULES:



### AOA LAND FITNESS CLASSES

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
			SILVER SNEAKERS CLASSIC 9:15 - 10:15 am Community Gym	
ESSENTRICS@ Aging Backwards 10:15 - 11:15 am Community Gym	SILVER SNEAKERS CARDIO CIRCUIT 10:15 - 11:15 am Community Gym	ZUMBA GOLD 10:00 - 10:45 am Studio 1		CHAIR YOGA 10:15 - 11:15 am Community Gym
TAI CHI CONCEPTS 10:30 - 11:30 am Studio 4		ESSENTRICS@ Aging Backwards 10:15 - 11:15 am Community Gym		
STRENGTH & STABILITY 1:30 - 2:15 pm Studio 4	SILVER SNEAKERS BOOM MIND 1:30 - 2:15 pm Studio 4	STRENGTH & STABILITY 1:30 - 2:15 pm Studio 4		TAI CHI CONCEPTS 1:30 - 2:30 pm Studio 4

**OUT TO LUNCH: SEPTEMBER 10 11:30 am SUNSET**  
**OCTOBER 8 11:30 am EL PATRONS**  
Join other AOA members for food, fun and fellowship.  
Sign up at the Welcome Center desk.

**POOL SCHEDULE ON BACK**





**Family Pool @ Fond du Lac Family YMCA**  
September 3rd - September 20th

90 W 2nd St  
FOND DU LAC, WI 54935  
(920) 921-3330

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<b>Open Swim</b> 5am - 8:30pm	<b>Open Swim</b> 5am - 8:30pm	<b>Open Swim</b> 5am - 8:30pm	<b>Open Swim</b> 5am - 8:30pm	<b>Open Swim</b> 5am - 7pm		
6am						<b>Open Swim</b> 6am - 5:30pm	
7am		<b>MORNING GRIND WATER AEROBICS</b> Kelly (Instructor) 7:15am - 8am		<b>MORNING GRIND WATER AEROBICS</b> Kelly (Instructor) 7:15am - 8am			<b>Open Swim</b> 7am - 3:30pm
8am	<b>WATER AEROBICS</b> Carla (Instructor) 8:15am - 9am	<b>MID-TEMPO AQUA BEATS</b> Lynn (Instructor) 8:30am - 9:30am	<b>POOL PARTY</b> Keelyn (Instructor) 8am - 8:45am	<b>MID-TEMPO AQUA BEATS</b> Lynn (Instructor) 8:30am - 9:30am	<b>MID-TEMPO AQUA BEATS</b> Lynn (Instructor) 8:30am - 9:30am	<b>SPLASH JAM</b> Dorothy/ Tina 8am - 9am	
9am		<b>AQUA ABS &amp; ARMS</b> Lynn (Instructor) 9:30am - 10:30am	<b>POOL PARTY</b> Keelyn (Instructor) 9am - 9:45am	<b>AQUA ABS &amp; ARMS</b> Lynn (Instructor) 9:30am - 10:30am			
10am	<b>AQUA FIT</b> Lenore (Instructor) 10:45am - 11:45am	<b>AQUA FIT</b> Lenore (Instructor) 10:45am - 11:45am			<b>AQUA FIT</b> Lenore (Instructor) 10am - 11am		
11am			<b>WATER AEROBICS</b> Carol (Instructor) 11am - 12pm				
1pm		<b>DEEP WATER POWER</b> Cindy (Instructor) 1pm - 1:45pm		<b>DEEP WATER POWER</b> Cindy (Instructor) 1pm - 1:45pm		<b>Water Slide</b> 1pm - 3pm	<b>Water Slide</b> 1pm - 3pm
6pm	<b>SPLASH JAM</b> Tina (Instructor) 6pm - 7pm	<b>POOL PARTY</b> Keelyn (Instructor) 6pm - 7pm	<b>SPLASH JAM</b> Tina (Instructor) 6pm - 7pm				

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.