



JULY 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 or contact Jake Berger at 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:



JULY 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: JULY 9 11:30 am THE STRETCH
AUG 13 11:30 am ROLLING MEADOWS
Join other AOA members for food, fun and fellowship.
Sign up at the Welcome Center desk.

POOL SCHEDULE ON BACK



NO OPEN SWIM DURING SWIM LESSONS



Family Pool @ Fond du Lac Family YMCA
July 14th - August 24th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Open Swim 5am - 8am	Open Swim 5am - 8am	Open Swim 5am - 8am	Open Swim 5am - 8am	Open Swim 5am - 3:30pm		
6am						Open Swim 6am - 3:30pm	
7am		MORNING GRIND WATER AEROBICS Kelly (Instructor) 7:15am - 8am		MORNING GRIND WATER AEROBICS Kelly (Instructor) 7:15am - 8am			Open Swim 7am - 11:30am
8am	WATER AEROBICS Carla (Instructor) 8:15am - 9am	MID-TEMPO AQUA BEATS Lynn (Instructor) 8:30am - 9:30am	POOL PARTY Keelyn (Instructor) 8am - 8:45am	MID-TEMPO AQUA BEATS Lynn (Instructor) 8:30am - 9:30am	MID-TEMPO AQUA BEATS Lynn (Instructor) 8:30am - 9:30am	SPLASH JAM Dorothy/ Tina 8am - 8:45am	
9am	Swim Lessons 9am - 12pm	Swim Lessons 9am - 12pm	Swim Lessons 9am - 12pm	Swim Lessons 9am - 12pm			
10am		AQUA ABS & ARMS Lynn (Instructor) 9:30am - 10:30am	POOL PARTY Keelyn (Instructor) 9am - 9:45am	AQUA ABS & ARMS Lynn (Instructor) 9:30am - 10:30am			
11am		AQUA FIT Lenore (Instructor) 10:45am - 11:45am			AQUA FIT Lenore (Instructor) 11am - 11:55am		
12pm	Open Swim 12pm - 3:30pm	Open Swim 12pm - 3:30pm	Open Swim 12pm - 3:30pm	Open Swim 12pm - 3:30pm			
3pm	Swim Lessons 3:30pm - 5:45pm	Swim Lessons 3:30pm - 5:45pm	Swim Lessons 3:30pm - 5:45pm	Swim Lessons 3:30pm - 5:45pm			
5pm	Open Swim 5:45pm - 8:30pm	Open Swim 5:45pm - 8:30pm	Open Swim 5:45pm - 8:30pm	Open Swim 5:45pm - 8:30pm			
6pm	SPLASH JAM Tina (Instructor) 6pm - 7pm	POOL PARTY Keelyn (Instructor) 6pm - 7pm	SPLASH JAM 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.