



Fond du Lac Family YMCA

April 1st - May 31st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Les Mills BODYPUMP Studio 1 Taj Puetz 5:05am - 6:05am	Group Cycling Studio 2 Emily Hayes 5:05am - 5:35am	Les Mills BODYPUMP Studio 1 Taj Puetz 5:05am - 5:50am	Group Cycling Studio 2 Emily Hayes 5:05am - 5:35am	Kettlebell Bootcamp(\$8/class or Monthly Unlimited) Studio 3 Melissa Schmidt 5:05am - 5:50am		
	Les Mills RPM - Virtual Studio 2 Virtual Class 5:05am - 5:50am	Les Mills BODYCOMBAT - Virtual Studio 4 Virtual Class 5:05am - 6:05am	Les Mills RPM - Virtual Studio 2 Virtual Class 5:05am - 5:35am	Les Mills GRIT STRENGTH Studio 1 Kendra Puetz 5:05am - 5:35am	Les Mills BODYPUMP Studio 1 Taj Puetz 5:05am - 5:50am		
	Bootcamp - Drop In (\$8/class or Monthly Unlimited) Studio 3 Ali Harasha/ Melissa Schmidt 5:05am - 5:50am	Les Mills FUNCTIONAL STRENGTH/STRENGTH DEVELOPMENT Studio 1 Kendra Puetz 5:05am - 5:50am	Les Mills BODYBALANCE - Virtual Studio 4 Virtual Class 5:05am - 5:50am	Les Mills BODYCOMBAT Studio 4 Lydia Kettner 5:05am - 5:50am	Les Mills RPM - Virtual Studio 2 Virtual Class 5:05am - 5:35am		
	Les Mills GRIT CARDIO - Virtual Studio 4 Virtual Class 5:15am - 5:45am	ON DEMAND Studio 2 Virtual Class 5:45am - 8:15am	HIIT Training - (\$8/class or Monthly Unlimited) Studio 3 Ali Harasha 5:05am - 5:50am	Les Mills CORE Studio 1 Kendra Puetz 5:40am - 6:10am	Les Mills SHAPES/PILATES Studio 4 Kendra Puetz 5:05am - 5:35am		
		Les Mills CORE - Virtual Studio 1 Virtual Class 5:55am - 6:25am	Les Mills SPRINT - Virtual Studio 2 Virtual Class 5:45am - 6:15am		Les Mills BODYBALANCE (Flexibility) Studio 4 Kendra Puetz 5:40am - 6:10am		
6am	Les Mills BODYBALANCE - Virtual Studio 4 Virtual Class 6am - 6:30am	Les Mills BODYBALANCE - Virtual Studio 4 Virtual Class 6:15am - 6:45am	Les Mills BODYCOMBAT - Virtual Studio 4 Virtual Class 6am - 7am	ON DEMAND Studio 2 Virtual Class 6am - 6:45am	Les Mills SPRINT - Virtual Studio 2 Virtual Class 6am - 6:30am	ON DEMAND Studio 4 Virtual Class 6am - 7:30am	
	Women & Weights Studio 1 Doug O'Loughlin 6:15am - 7:15am	Les Mills BODYPUMP - Virtual Studio 1 Virtual Class 6:30am - 7am	ON DEMAND Studio 2 Virtual Class 6:30am - 7:45am	Deep Stretching Studio 4 Maria Kretschmann 6:15am - 7am	Les Mills BODYPUMP - Virtual Studio 1 Virtual Class 6:30am - 7:30am	THE TRIP - Virtual Studio 2 Virtual Class 6:05am - 6:50am	
	Les Mills SPRINT - Virtual Studio 2 Virtual Class 6:15am - 6:45am		Women & Weights Studio 1 Maria Kretschmann 6:30am - 7:15am	Les Mills BODYPUMP - Virtual Studio 1 Virtual Class 6:30am - 7am	Les Mills DANCE - Virtual Studio 4 Virtual Class 6:30am - 7am	Les Mills GRIT ATHLETIC - Virtual Studio 1 Virtual Class 6:05am - 6:35am	
	ON DEMAND Studio 4 Virtual Class 6:30am - 7:45am				ON DEMAND Studio 2 Virtual Class 6:45am - 8:45am	Les Mills BODYPUMP Studio 1 Taj Puetz 6:45am - 7:30am	

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.



Fond du Lac Family YMCA

April 1st - May 31st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
7am	ON DEMAND Studio 2 Virtual Class 7am - 8:45am	Chair Yoga Studio 4 Kelli Dercks 7am - 7:45am	Les Mills BODYBALANCE - Virtual Studio 4 Virtual Class 7:15am - 7:45am	THE TRIP - Virtual Studio 2 Virtual Class 7am - 7:45am	Les Mills BODYATTACK - Virtual Studio 4 Virtual Class 7:15am - 7:45am	Total Body Bootcamp-\$8/class or Monthly Unlimited Studio 3 Rotating Instructors 7am - 7:45am	Les Mills BODYPUMP - Virtual Studio 1 Virtual Class 7:05am - 7:50am
	Les Mills GRIT CARDIO Studio 1 Barb Seidel 7:30am - 8am	Les Mills BODYPUMP - Virtual Studio 1 Virtual Class 7:15am - 8am	Les Mills BODYPUMP - Virtual Studio 1 Virtual Class 7:30am - 8am	Les Mills BODYATTACK - Virtual Studio 4 Virtual Class 7:15am - 7:45am		Les Mills RPM - Virtual Studio 2 Virtual Class 7am - 7:30am	Les Mills SPRINT - Virtual Studio 2 Virtual Class 7:05am - 7:35am
				Zumba Studio 1 Karla Wolff 7:30am - 8:15am		Les Mills GRIT MIX Studio 4 Melanie Ottery/ Taj Puetz 7:50am - 8:20am	Les Mills BODYBALANCE - Virtual Studio 4 Virtual Class 7:15am - 8am
							ON DEMAND Studio 2 Virtual Class 7:45am - 8:45am
8am	Les Mills BODYBALANCE - Virtual Studio 4 Virtual Class 8am - 8:45am	Barre Above Studio 4 Karla Wolff 8am - 8:45am	Les Mills GRIT STRENGTH - Virtual Studio 4 Virtual Class 8am - 8:30am	Les Mills STRENGTH DEVELOPMENT Studio 4 Barb Seidel 8am - 8:45am	Les Mills GRIT MIX Studio 4 Barb Seidel 8am - 8:30am	Les Mills SPRINT - Virtual Studio 2 Virtual Class 8am - 8:30am	Les Mills STRENGTH DEVELOPMENT Studio 1 Kendra Puetz 8am - 8:45am
	Les Mills SHAPES Studio 1 Jill Stone 8:15am - 9am	Les Mills BODYPUMP Studio 1 Jill Stone 8:30am - 9:15am	Les Mills SPRINT - Virtual Studio 2 Virtual Class 8am - 8:30am	Les Mills SPRINT - Virtual Studio 2 Virtual Class 8:15am - 8:45am	Les Mills BODYPUMP Studio 1 Becky Wightman / Jerry Berger 8:30am - 9:30am	Les Mills BODYATTACK Studio 1 Barb Seidel / Kendra Puetz 8am - 9am	Les Mills CORE - Virtual Studio 4 Virtual Class 8:15am - 8:45am
		THE TRIP - Virtual Studio 2 Virtual Class 8:30am - 9:15am	Les Mills CORE Studio 1 Jill Stone 8:15am - 8:45am	Les Mills BODYPUMP Studio 1 Becky Wightman 8:30am - 9:30am	Les Mills SHAPES/PILATES Studio 4 Barb Seidel/ Alison Gunderson 8:40am - 9:10am	Les Mills RPM - Virtual Studio 2 Virtual Class 8:45am - 9:15am	
			Les Mills BODYSTEP Studio 1 Jill Stone 8:50am - 9:35am				
9am	Les Mills RPM Studio 2 Gina Wilson 9am - 9:45am	Yoga Studio 4 Lenore Gerhartz 9am - 10am	Les Mills RPM Studio 2 Becky Wightman / Jerry Berger 9am - 9:45am	Yoga Studio 4 Lenore Gerhartz 9am - 10am	THE TRIP - Virtual Studio 2 Virtual Class 9am - 9:45am	Les Mills BODYBALANCE - Virtual Studio 4 Virtual Class 9am - 9:45am	Les Mills RPM - Virtual Studio 2 Virtual Class 9am - 9:30am

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.



Fond du Lac Family YMCA

April 1st - May 31st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
	Yoga Studio 4 Lenore Gerhartz 9am - 10am	Les Mills BODYBALANCE Studio 1 Jill Stone 9:20am - 9:50am	Yoga Studio 4 Renee Waters 9am - 10am	Les Mills RPM - Virtual Studio 2 Virtual Class 9:15am - 10:05am	Les Mills BODYBALANCE Studio 4 Barb Seidel/ Alison Gunderson 9:20am - 10:05am	Les Mills BODYPUMP Studio 1 Barb Seidel / Kendra Puetz 9:10am - 10:10am	Les Mills BODYPUMP Studio 1 Becky Wightman / Jerry Berger 9am - 9:45am
	Les Mills BODYSTEP Studio 1 Jill Stone 9:05am - 9:45am	Les Mills RPM - Virtual Studio 2 Virtual Class 9:30am - 10:20am		Les Mills BODYBALANCE Studio 1 Becky Wightman 9:35am - 10:05am	Les Mills BODYCOMBAT Studio 1 Becky Wightman / Jerry Berger 9:35am - 10:35am	Les Mills SPRINT - Virtual Studio 2 Virtual Class 9:30am - 10am	Les Mills DANCE - Virtual Studio 4 Virtual Class 9am - 9:30am
							Les Mills BODYBALANCE Studio 4 Tracy Nyman 9:45am - 10:45am
							Les Mills BODYCOMBAT Studio 1 Becky Wightman / Jerry Berger 9:55am - 10:55am
10am	Les Mills BODYBALANCE - Virtual Studio 1 Virtual Class 10am - 11am	Zumba Studio 1 Julie Garrison 10am - 11am	Zumba Gold Studio 1 Karla Wolff 10am - 10:45am	Les Mills BODYSTEP Studio 1 Virginia Diener 10:15am - 11:15am	Les Mills RPM - Virtual Studio 2 Virtual Class 10am - 10:50am	Les Mills DANCE - Virtual Studio 4 Virtual Class 10am - 10:30am	THE TRIP - Virtual Studio 2 Virtual Class 10am - 10:45am
	THE TRIP - Virtual Studio 2 Virtual Class 10:15am - 11am	Parkinson's Exercise Class Studio 4 Joel Mason 10:30am - 11:45am	THE TRIP - Virtual Studio 2 Virtual Class 10:15am - 11am	Les Mills SPRINT - Virtual Studio 2 Virtual Class 10:15am - 10:45am	Barre Above Studio 4 Karla Wolff 10:20am - 11:15am	Les Mills CORE Studio 1 Barb Seidel / Kendra Puetz 10:15am - 10:45am	
	Tai Chi Concepts Studio 4 Larry Lewis 10:30am - 11:30am	ON DEMAND Studio 2 Virtual Class 10:30am - 11:45am	Feldenkrais/Bones For Life Studio 4 Mary McCutcheon 10:45am - 11:30am	Parkinson's Exercise Class Studio 4 Joel Mason 10:30am - 11:45am	Les Mills BODYBALANCE - Virtual Studio 1 Virtual Class 10:45am - 11:15am	THE TRIP - Virtual Studio 2 Virtual Class 10:15am - 11am	
11am	Les Mills DANCE - Virtual Studio 1 Virtual Class 11:15am - 11:45am	Les Mills SHAPES/PILATES Studio 1 Virginia Diener 11:05am - 11:50am	Les Mills GRIT STRENGTH - Virtual Studio 1 Virtual Class 11am - 11:30am		Les Mills SPRINT - Virtual Studio 2 Virtual Class 11am - 11:30am	Les Mills RPM - Virtual Studio 2 Virtual Class 11:15am - 12pm	ON DEMAND Studio 4 Virtual Class 11am - 1:45pm
			ON DEMAND Studio 4 Virtual Class 11:45am - 1:15pm		Les Mills CORE - Virtual Studio 4 Virtual Class 11:30am - 12pm	Les Mills BODYCOMBAT - Virtual Studio 1 Virtual Class 11:15am - 12:15pm	Les Mills BODYBALANCE - Virtual Studio 1 Virtual Class 11am - 11:45am

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.



Fond du Lac Family YMCA

April 1st - May 31st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
						Les Mills BODYBALANCE - Virtual Studio 4 Virtual Class 11:30am - 12:30pm	ON DEMAND Studio 2 Virtual Class 11am - 1:45pm
12pm	Les Mills SPRINT - Virtual Studio 2 Virtual Class 12pm - 12:30pm	THE TRIP - Virtual Studio 2 Virtual Class 12pm - 12:45pm	Les Mills SPRINT - Virtual Studio 2 Virtual Class 12pm - 12:30pm	Les Mills BODYCOMBAT Studio 1 Becky Wightman 12pm - 12:30pm	Les Mills RPM/Group Cycling Studio 2 Gina Wilson 12pm - 12:30pm	ON DEMAND Studio 2 Virtual Class 12:15pm - 3:45pm	
	Les Mills BODYCOMBAT Studio 1 Becky Wightman 12pm - 12:30pm	Les Mills BODYPUMP Studio 1 Becky Wightman 12pm - 1pm	Les Mills BODYCOMBAT Studio 1 Becky Wightman 12pm - 12:30pm	Group Cycling Studio 2 Gina Wilson 12pm - 12:30pm	Les Mills BODYSTEP Studio 1 Virginia Diener 12pm - 12:30pm	Les Mills BODYATTACK - Virtual Studio 1 Virtual Class 12:30pm - 1:30pm	
	Les Mills BODYBALANCE - Virtual Studio 4 Virtual Class 12pm - 1pm	Les Mills BODYCOMBAT - Virtual Studio 4 Virtual Class 12pm - 1pm	Les Mills CORE Studio 1 Becky Wightman 12:35pm - 1:05pm	Les Mills FUNCTIONAL STRENGTH Studio 4 Kayla Mueller 12pm - 12:45pm	ON DEMAND Studio 4 Virtual Class 12:15pm - 1:15pm	ON DEMAND Studio 4 Virtual Class 12:45pm - 3:45pm	
	Les Mills CORE Studio 1 Becky Wightman 12:35pm - 1:05pm		Les Mills RPM - Virtual Studio 2 Virtual Class 12:45pm - 1:15pm	Les Mills SHAPES Studio 1 Becky Wightman 12:35pm - 1:05pm	Les Mills SHAPES Studio 1 Virginia Diener 12:35pm - 1:20pm		
1pm	THE TRIP - Virtual Studio 2 Virtual Class 1pm - 1:45pm	Les Mills SPRINT - Virtual Studio 2 Virtual Class 1pm - 1:30pm	Strength & Stability Studio 4 Kristen Quast 1:30pm - 2:15pm	Les Mills RPM - Virtual Studio 2 Virtual Class 1pm - 1:50pm	THE TRIP - Virtual Studio 2 Virtual Class 1pm - 1:45pm		
	Les Mills BODYPUMP - Virtual Studio 1 Virtual Class 1:30pm - 2:15pm	RESERVED for Y programming Studio 4 Rotating Instructors 1:30pm - 3pm	THE TRIP - Virtual Studio 2 Virtual Class 1:30pm - 2:15pm	RESERVED for Y programming Studio 4 Rotating Instructors 1:30pm - 3pm	Tai Chi Concepts Studio 4 Larry Lewis 1:30pm - 2:30pm		
	Strength & Stability Studio 4 Jacob Berger 1:30pm - 2:15pm	Les Mills BODYPUMP - Virtual Studio 1 Virtual Class 1:30pm - 2:15pm	Les Mills BODYPUMP - Virtual Studio 1 Virtual Class 1:30pm - 2:15pm	Les Mills BODYPUMP - Virtual Studio 1 Virtual Class 1:30pm - 2:15pm	Les Mills BODYPUMP - Virtual Studio 1 Virtual Class 1:30pm - 2:15pm		
		THE TRIP - Virtual Studio 2 Virtual Class 1:45pm - 2:30pm					
2pm	Les Mills RPM - Virtual Studio 2 Virtual Class 2pm - 2:50pm	ON DEMAND Studio 4 Virtual Class 2:30pm - 4:15pm	ON DEMAND Studio 4 Virtual Class 2:30pm - 4:15pm	ON DEMAND Studio 2 Virtual Class 2pm - 3:45pm	ON DEMAND Studio 2 Virtual Class 2pm - 4:15pm		

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.



Fond du Lac Family YMCA

April 1st - May 31st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
3pm	ON DEMAND Studio 4 Virtual Class 2:30pm - 4:15pm	Les Mills BODYATTACK - Virtual Studio 1 Virtual Class 2:30pm - 3:30pm	ON DEMAND Studio 2 Virtual Class 2:30pm - 4pm	Les Mills BODYATTACK - Virtual Studio 1 Virtual Class 2:30pm - 3pm	Les Mills BODYATTACK - Virtual Studio 1 Virtual Class 2:30pm - 3:30pm		
	Les Mills BODYATTACK - Virtual Studio 1 Virtual Class 2:30pm - 3:30pm	ON DEMAND Studio 2 Virtual Class 2:45pm - 4:30pm	Les Mills BODYATTACK - Virtual Studio 1 Virtual Class 2:30pm - 3:30pm		Les Mills DANCE - Virtual Studio 4 Virtual Class 2:45pm - 3:30pm		
	ON DEMAND Studio 2 Virtual Class 3pm - 5pm	ON DEMAND Studio 4 Virtual Class 3pm - 4:15pm		ON DEMAND Studio 4 Virtual Class 3pm - 4:15pm	Les Mills CORE - Virtual Studio 1 Virtual Class 3:45pm - 4:15pm		
				Les Mills CORE Studio 1 Virtual Class 3:15pm - 4pm			
4pm	Les Mills BODYSTEP Studio 1 Barb Seidel / Kendra Puetz 4:30pm - 5:15pm	Les Mills BODYPUMP Studio 1 Becky Wightman / Jerry Berger 4:15pm - 5:15pm	Les Mills SHAPES Studio 1 Becky Wightman 4:15pm - 4:45pm	Group Cycling Studio 2 Lisa Rolfe 4pm - 4:30pm	Les Mills BODYBALANCE - Virtual Studio 4 Virtual Class 4:15pm - 5pm		
	Les Mills SHAPES Studio 4 Becky Wightman 4:30pm - 5:15pm	Les Mills BODYBALANCE Studio 4 Tracy Nyman 4:30pm - 5:30pm	Les Mills RPM / THE TRIP Studio 2 Kendra Puetz 4:30pm - 5:15pm	Les Mills BODYPUMP Studio 1 Jerry Berger 4:15pm - 5:15pm	THE TRIP - Virtual Studio 2 Virtual Class 4:30pm - 5:15pm		
		Les Mills SPRINT - Virtual Studio 2 Virtual Class 4:45pm - 5:15pm	Les Mills CORE - Virtual Studio 4 Virtual Class 4:30pm - 5pm	Les Mills BODYBALANCE Studio 4 Beckie Marcoe 4:30pm - 5:15pm	Les Mills BODYATTACK - Virtual Studio 1 Virtual Class 4:30pm - 5:15pm		
			Les Mills BODYCOMBAT Studio 1 Becky Wightman 4:50pm - 5:20pm				
5pm	Les Mills BODYCOMBAT Studio 4 Becky Wightman 5:25pm - 6:10pm	Les Mills CORE Studio 1 Becky Wightman / Jerry Berger 5:20pm - 5:50pm	Les Mills PILATES Studio 4 Jacob Berger 5:15pm - 5:45pm	Les Mills SPRINT Studio 2 Beckie Marcoe 5:30pm - 6pm	Les Mills SPRINT - Virtual Studio 2 Virtual Class 5:30pm - 6pm		
	Les Mills SPRINT Studio 2 Jerry Berger 5:25pm - 5:55pm	Les Mills RPM - Virtual Studio 2 Virtual Class 5:30pm - 6:15pm	Les Mills SPRINT - Virtual Studio 2 Virtual Class 5:30pm - 6pm	Les Mills BODYATTACK Studio 1 Barb Seidel / Kendra Puetz 5:30pm - 6:15pm	Les Mills BODYBALANCE - Virtual Studio 4 Virtual Class 5:30pm - 6:30pm		

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.



Fond du Lac Family YMCA

April 1st - May 31st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
6pm	Les Mills BODYPUMP Studio 1 Barb Seidel / Kendra Puetz 5:30pm - 6:30pm	Les Mills GRIT STRENGTH Studio 4 Barb Seidel 5:45pm - 6:15pm	Les Mills BODYPUMP Studio 1 Barb Seidel / Kendra Puetz 5:30pm - 6:30pm	Les Mills BODYBALANCE - Virtual Studio 4 Virtual Class 5:45pm - 6:30pm	Les Mills BODYPUMP Studio 1 Taj Puetz 5:30pm - 6:15pm		
		Les Mills BODYCOMBAT Studio 1 Lydia Kettner 5:55pm - 6:40pm					
	ON DEMAND Studio 2 Virtual Class 6:15pm - 8:45pm	RESERVED for Y programming Studio 2 Kendra Puetz 6:30pm - 7:45pm	THE TRIP - Virtual Studio 2 Virtual Class 6:15pm - 7pm	Les Mills RPM - Virtual Studio 2 Virtual Class 6:15pm - 6:45pm	Les Mills RPM - Virtual Studio 2 Virtual Class 6:15pm - 7:05pm		
	Yoga Studio 4 Renee Waters/ Michelle Neubauer 6:30pm - 7:30pm	Les Mills DANCE Studio 4 Barb Seidel 6:30pm - 7:15pm	Les Mills BODYBALANCE (Flexibility) Studio 1 Virtual Class 6:45pm - 7:15pm	Les Mills CORE Studio 1 Barb Seidel / Kendra Puetz 6:20pm - 6:50pm	ON DEMAND Studio 4 Virtual Class 6:45pm - 8:45pm		
7pm	Les Mills BODYBALANCE (Flexibility) Studio 1 Kendra Puetz 6:35pm - 7:05pm	Les Mills STRENGTH DEVELOPMENT Studio 1 Ashley O'Connor 6:50pm - 7:35pm	Restorative Yoga Studio 4 Ronald Pershing 6:45pm - 7:45pm				
	Les Mills GRIT CARDIO - Virtual Studio 1 Virtual Class 7:30pm - 8pm	Aerial Yoga-Strength & Tricks (Pay in Advance) Studio 4 Jessica Koepke 7:30pm - 8:30pm	ON DEMAND Studio 2 Virtual Class 7:15pm - 8:45pm	Restorative Yoga Studio 4 Ronald Pershing 7pm - 8pm	Les Mills BODYCOMBAT Studio 1 Virtual Class 7pm - 8pm		
	ON DEMAND Studio 4 Virtual Class 7:45pm - 8:45pm		Les Mills GRIT ATHLETIC - Virtual Studio 1 Virtual Class 7:30pm - 8pm	ON DEMAND Studio 2 Virtual Class 7pm - 8:45pm	ON DEMAND Studio 2 Virtual Class 7:15pm - 8:45pm		
				Les Mills BODYCOMBAT - Virtual Studio 1 Virtual Class 7:45pm - 8:45pm			
8pm	Les Mills CORE - Virtual Studio 1 Virtual Class 8:15pm - 8:45pm	ON DEMAND Studio 2 Virtual Class 8pm - 8:45pm	ON DEMAND Studio 4 Virtual Class 8pm - 8:45pm	ON DEMAND Studio 4 Virtual Class 8:15pm - 8:45pm	Les Mills CORE Studio 1 Virtual Class 8:15pm - 8:45pm		

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.



Fond du Lac Family YMCA
April 1st - May 31st

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

MON	TUE	WED	THU	FRI	SAT	SUN
	Les Mills BODYATTACK - Virtual Studio 1 Virtual Class 8:15pm - 8:45pm	Les Mills CORE Studio 1 Virtual Class 8:15pm - 8:45pm				

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.