



Community Gym @ Fond du Lac Family YMCA
January 2nd - January 31st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Open Pickleball 5am - 9am	Open Pickleball 5am - 9am	Open Pickleball 5am - 9am	Open Pickleball 5am - 9am	Open Pickleball 5am - 9am		
6am						Open Pickleball 6am - 8am	
7am							Open Pickleball 7am - 9am
8am						Open Hoops 8am - 3pm	
9am	Open Walking 9am - 10am	Open Walking 9am - 10am	Open Walking 9am - 10am	Forever Fit Strength in Motion Jacob Berger 9:15am - 10:15am	Open Walking 9am - 10am		Y Programming 9am - 11:15am
10am	ESSETRICS® Aging Backwards® Kelley Kennon 10:15am - 11:15am	Forever Fit Cardio Circuit Kathy Strong-Langolf 10:15am - 11:15am	ESSETRICS® Aging Backwards® Kelley Kennon 10:15am - 11:15am	Open Walking 10:15am - 11:15am	Chair Yoga Kelli Dercks 10:15am - 11:15am		
11am	Open Hoops 11:15am - 1pm	Beginners Pickleball 11:30am - 1pm	Open Hoops 11:15am - 1pm	Beginners Pickleball 11:30am - 1pm	Open Hoops 11:15am - 3pm		Adult Pick-up Full Court 11:15am - 1pm
1pm	Open Pickleball 1pm - 3pm	Intermediate & Advanced Pickleball 1pm - 3pm	Open Pickleball 1pm - 3pm	Intermediate & Advanced Pickleball 1pm - 3pm			Open Pickleball 1pm - 3:45pm
3pm						Open Pickleball 3pm - 5:45pm	
4pm	BGC Programming 4pm - 4:30pm	BGC Programming 4pm - 4:30pm	BGC Programming 4pm - 4:30pm	BGC Programming 4pm - 4:30pm	BGC Programming 4pm - 4:30pm		
	Just Play 4:30pm - 5:30pm	Just Play 4:30pm - 5:30pm	Just Play 4:30pm - 5:30pm	Just Play 4:30pm - 5:30pm	Just Play 4:30pm - 5:30pm		
5pm	BGC/Open Hoops 5:30pm - 6:30pm	BGC/Open Hoops 5:30pm - 6:30pm	BGC/Open Hoops 5:30pm - 6:30pm	BGC/Open Hoops 5:30pm - 7pm	BGC/Open Hoops 5:30pm - 7pm		
6pm	Beginner Pickleball League 6:30pm - 8:30pm	Intermediate Pickleball League 6:30pm - 8:30pm	Advanced Pickleball League 6:30pm - 8:30pm				
7pm				Open Hoops 7pm - 9pm	Open Hoops 7pm - 9pm		

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.

WALK A MILE: About 20 times around the gym, following the basketball court lines, equals 1 mile.