



Community Gym @ Fond du Lac Family YMCA
July 8th - August 11th

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 - 4pm	
9am	4K Gym Time 9am - 10am	4K Gym Time 9am - 10am	4K Gym Time 9am - 10am	Silver Sneakers Classic Jacob Berger 9:15am - 10:15am	4K Gym Time 9am - 10am		Open Hoops 9am - 10am
10am	ESSETRICS® Aging Backwards® Kelley Kennon 10:15am - 11:15am	Silver Sneakers Cardio Circuit Kathy Strong-Langolf 10:15am - 11:15am	ESSETRICS® Aging Backwards® Kelley Kennon 10:15am - 11:15am	4K Gym Time 10:15am - 11:15am	Chair Yoga Kelli Dercks 10:15am - 11:15am		Adult Pick-up Full Court 10am - 12pm
11am	BGC/Open Hoops 11:15am - 1pm	Beginners Pickleball 11:30am - 1pm	BGC/Open Hoops 11:15am - 1pm	Beginners Pickleball 11:30am - 1pm	BGC/Open Hoops 11:15am - 1pm		
12pm							Open Hoops 12pm - 2pm
1pm	Just Play 1pm - 2pm	Just Play 1pm - 2pm	Just Play 1pm - 2pm	Just Play 1pm - 2pm	Just Play 1pm - 2pm		
2pm	BGC Programming 2pm - 4pm	BGC Programming 2pm - 4pm	BGC Programming 2pm - 4pm	BGC Programming 2pm - 4pm	BGC Programming 2pm - 4pm		
4pm	BGC/Open Hoops 4pm - 5pm	BGC/Open Hoops 4pm - 5pm	BGC/Open Hoops 4pm - 5pm	BGC/Open Hoops 4pm - 5pm	BGC/Open Hoops 4pm - 5pm		
5pm	Open Hoops 5pm - 9pm	Open Hoops 5pm - 9pm	Open Hoops 5pm - 9pm	Open Hoops 5pm - 9pm	Open Hoops 5pm - 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.