



# JANUARY 2025

# FOREVER FIT

STAY ACTIVE :: STAY CONNECTED :: STAY FOREVER FIT  
FOND DU LAC FAMILY YMCA

To learn more about our Forever Fit 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).



## Y BOOK CLUB:

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

## ALL SCHEDULES:



## FOREVER FIT LAND FITNESS CLASSES

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
	CHAIR YOGA 7:00 - 7:45 am Studio 4		DEEP STRETCHING 6:15 - 7:00 am Studio 4	
ESSENTRICS@ Aging Backwards 10:15 - 11:15 am Community Gym	FOREVER FIT CARDIO CIRCUIT 10:15 - 11:15 am Community Gym	ZUMBA GOLD 10:00 - 10:45 am Studio 1	FOREVER FIT STRENGTH IN MOTION 9:15 - 10:15 am Community Gym	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		STRENGTH & STABILITY 1:30 - 2:15 pm Studio 4		TAI CHI CONCEPTS 1:30 - 2:30 pm Studio 4



**OUT TO LUNCH:** JANUARY 14 11:30 am ALA ROMA  
FEBRUARY 11 11:30 am BACKYARD GRILL

Join other Forever Fit members for food, fun and fellowship. Sign up at the Welcome Center desk.

**WATER AEROBICS ON BACK**

# NO OPEN SWIM DURING SWIM LESSONS



Family Pool @ Fond du Lac Family YMCA  
January 4th - February 28th

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 - 4pm	<b>Open Swim</b> 5am - 4pm	<b>Open Swim</b> 5am - 4pm	<b>Open Swim</b> 5am - 4pm	<b>Open Swim</b> 5am - 7pm		
6am						<b>Open Swim</b> 6am - 9am	
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 - 3pm
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>TONE AND STRETCH</b> Jean (Instructor) 9am - 10am	<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		<b>Swim Lessons</b> 9am - 11:30am	
10am	<b>AQUA FIT</b> Lenore (Instructor) 10:45am - 11:45am	<b>AQUA FIT</b> Lenore (Instructor) 10:45am - 11:45am	<b>TONE AND STRETCH</b> Jean (Instructor) 10am - 11am		<b>AQUA FIT</b> Lenore (Instructor) 10am - 11am		
11am			<b>AQUA FIT</b> Jean (Instructor) 11am - 12pm		<b>TONE AND STRETCH</b> Jean (Instructor) 11am - 12pm	<b>Open Swim</b> 11:30am - 5:30pm	
12pm				<b>WALK &amp; WARM-UP</b> Cindy (Instructor) 12:30pm - 1pm			
1pm		<b>SPLASH AND CHAT (formerly DEEP WATER POWER)</b> Cindy (Instructor) 1pm - 1:45pm		<b>SPLASH AND CHAT (formerly DEEP WATER POWER)</b> Cindy (Instructor) 1pm - 1:45pm		<b>Water Slide</b> 1pm - 3pm	<b>Water Slide</b> 1pm - 3pm
3pm							<b>Swim Lessons</b> 3pm - 4pm
4pm	<b>Swim Lessons</b> 4pm - 6pm	<b>Swim Lessons</b> 4pm - 6:30pm	<b>Swim Lessons</b> 4pm - 6pm	<b>Swim Lessons</b> 4pm - 6:30pm			
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	<b>Open Swim</b> 6:30pm - 8:30pm			
	<b>Open Swim</b> 6pm - 8:30pm	<b>Open Swim</b> 6:30pm - 8:30pm	<b>Open Swim</b> 6pm - 8:30pm				

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.