



OCTOBER 2024

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 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:



FOREVER FIT LAND FITNESS CLASSES

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
			DEEP STRETCHING 6:15 - 7:00am 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	FOREVER FIT FLEX & FLOW 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: OCTOBER 8 11:30 am EL PATRONS
NOVEMBER 12 11:30 am OASIS
Join other Forever Fit 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
September 21st - November 14th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Open Swim 5am - 4pm	Open Swim 5am - 4:30pm	Open Swim 5am - 4pm	Open Swim 5am - 4:30pm	Open Swim 5am - 7pm	Open Swim 5am - 9am	
7am		MORNING GRIND WATER AEROBICS Kelly (Instructor) 7:15am - 8am		MORNING GRIND WATER AEROBICS Kelly (Instructor) 7:15am - 8am			Open Swim 7am - 3:30pm
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 - 9am	
9am		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		Swim Lessons 9am - 11:30am	
10am	AQUA FIT Lenore (Instructor) 10:45am - 11:45am	AQUA FIT Lenore (Instructor) 10:45am - 11:45am			AQUA FIT Lenore (Instructor) 10am - 11am		
11am			WATER AEROBICS Carol (Instructor) 11am - 12pm			Open Swim 11:30am - 5:30pm	
1pm		DEEP WATER POWER Cindy (Instructor) 1pm - 1:45pm		DEEP WATER POWER Cindy (Instructor) 1pm - 1:45pm		Water Slide 1pm - 3pm	Water Slide 1pm - 3pm
4pm	Swim Lessons 4pm - 6pm	Swim Lessons 4:30pm - 7pm	Swim Lessons 4pm - 6pm	Swim Lessons 4:30pm - 7pm			
6pm	SPLASH JAM Tina (Instructor) 6pm - 7pm	POOL PARTY Keelyn (Instructor) 6pm - 7pm	SPLASH JAM Tina (Instructor) 6pm - 7pm				
7pm	Open Swim 6pm - 8:30pm		Open Swim 6pm - 8:30pm				
7pm		Open Swim 7pm - 8:30pm		Open Swim 7pm - 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.