



# FEBRUARY 2025

# FOREVER FIT

**WATER AEROBICS ON BACK**

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).



**FOREVER FIT**  
SPONSORED BY:  
**network health**

### 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:

**FEBRUARY 11 11:30 am BACKYARD GRILL**  
**MARCH 11 11:30 am EL PATRON**

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



# WATER AEROBICS

JANUARY 22 - FEBRUARY 28

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>MORNING AQUABLAST WITH FRIENDS</b> Kelly 7:15 - 8:00 am		<b>MORNING AQUABLAST WITH FRIENDS</b> Kelly 7:15 - 8:00 am		
<b>WATER AEROBICS</b> Carla 8:15 - 9:00 am	<b>MID-TEMPO AQUA BEATS</b> Lynn 8:30 - 9:30 am	<b>POOL PARTY</b> Keelyn 8:00 - 8:45 am	<b>MID-TEMPO AQUA BEATS</b> Lynn 8:30 - 9:30 am	<b>MID-TEMPO AQUA BEATS</b> Lynn 8:30 - 9:30 am	<b>SPLASH JAM</b> Dorothy/Tina 8:00 - 9:00 am
<b>TONE AND STRETCH</b> Jean 9:00 - 10:00 am	<b>AQUA ABS &amp; ARMS</b> Lynn 9:30 - 10:30 am	<b>POOL PARTY</b> Keelyn 9:00 - 9:45 am	<b>AQUA ABS &amp; ARMS</b> Lynn 9:30 - 10:30 am		
<b>AQUA FIT</b> Lenore 10:45 - 11:45 am	<b>AQUA FIT</b> Lenore 10:45 - 11:45 am	<b>TONE AND STRETCH</b> Jean 10:00 - 11:00 am		<b>AQUA FIT</b> Lenore 10:00 - 11:00 am	
		<b>AQUA FIT</b> Jean 11:00 am - 12:00 pm	<b>WALK &amp; WARM-UP</b> Cindy 12:30 - 1:00 pm	<b>AQUA FIT</b> Jean 11:00 am - 12:00 pm	
	<b>SPLASH AND CHAT</b> Cindy 1:00 - 1:45 pm		<b>SPLASH AND CHAT</b> Cindy 1:00 - 1:45 pm		
<b>SPLASH JAM</b> Tina 6:00 - 7:00 pm	<b>POOL PARTY</b> Keelyn 6:00 - 7:00 pm	<b>SPLASH JAM</b> Tina 6:00 - 7:00 pm			