



Studio 4 @ Fond du Lac Family YMCA
January 2nd - February 28th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Les Mills GRIT CARDIO - Virtual Virtual Class 5:15am - 5:45am	Les Mills BODYCOMBAT - Virtual Virtual Class 5:05am - 6:05am	Les Mills BODYBALANCE - Virtual Virtual Class 5am - 5:45am	Les Mills BODYCOMBAT Lydia Kettner 5:05am - 5:50am	Les Mills SHAPES/PILATES Kendra Puetz 5:05am - 5:35am		
					Les Mills BODYBALANCE (Flexibility) Kendra Puetz 5:40am - 6:10am		
6am	Les Mills BODYBALANCE - Virtual Virtual Class 6am - 6:30am	Les Mills BODYBALANCE - Virtual Virtual Class 6:15am - 6:45am	Les Mills BODYCOMBAT - Virtual Virtual Class 6am - 7am	Deep Stretching Maria Kretschmann 6:15am - 7am	Les Mills DANCE - Virtual Virtual Class 6:30am - 7am	ON DEMAND Virtual Class 6am - 7:30am	
	ON DEMAND Virtual Class 6:30am - 7:45am						
7am		Chair Yoga Kelli Dercks 7am - 7:45am	Les Mills BODYBALANCE - Virtual Virtual Class 7:15am - 7:45am	Les Mills BODYATTACK - Virtual Virtual Class 7:15am - 7:45am	Les Mills BODYATTACK - Virtual Virtual Class 7:15am - 7:45am	Les Mills GRIT MIX Melanie Ottery/ Taj Puetz 7:50am - 8:20am	Les Mills BODYBALANCE - Virtual Virtual Class 7:15am - 8am
8am	Les Mills BODYBALANCE - Virtual Virtual Class 8am - 8:45am	Barre Above Karla Wolff 8am - 8:45am	Les Mills PILATES Jacob Berger 8am - 8:30am	Les Mills FUNCTIONAL STRENGTH Barb Seidel 8am - 8:45am	Les Mills GRIT MIX Barb Seidel 8am - 8:30am		Les Mills CORE - Virtual Virtual Class 8:15am - 8:45am
					Les Mills SHAPES/PILATES Barb Seidel/ Alison Gunderson 8:40am - 9:10am		
9am	Yoga Lenore Gerhartz 9am - 10am	Yoga Lenore Gerhartz 9am - 10am	Yoga Renee Waters 9am - 10am	Yoga Lenore Gerhartz 9am - 10am	Les Mills BODYBALANCE Barb Seidel/ Alison Gunderson 9:20am - 10:05am	Les Mills BODYBALANCE - Virtual Virtual Class 9am - 9:45am	Les Mills DANCE - Virtual Virtual Class 9am - 9:30am
							Les Mills BODYBALANCE Tracy Nyman 9:45am - 10:45am
10am	Tai Chi Concepts Larry Lewis 10:30am - 11:30am	Parkinson's Exercise Class Joel Mason 10:30am - 11:45am	Feldenkrais/Bones For Life Mary McCutcheon 10:45am - 11:30am	Parkinson's Exercise Class Joel Mason 10:30am - 11:45am	Barre Above Karla Wolff 10:20am - 11:05am	Les Mills DANCE - Virtual Virtual Class 10am - 10:30am	
11am			ON DEMAND Virtual Class 11:45am - 1:15pm		Les Mills CORE - Virtual Virtual Class 11:15am - 11:45am	Les Mills BODYBALANCE - Virtual Virtual Class 11:30am - 12:30pm	ON DEMAND Virtual Class 11am - 1:45pm

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.



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12pm	Les Mills BODYBALANCE - Virtual Virtual Class 12pm - 1pm	Les Mills BODYCOMBAT - Virtual Virtual Class 12pm - 1pm		Les Mills FUNCTIONAL STRENGTH Kayla Mueller 12pm - 12:45pm	ON DEMAND Virtual Class 12pm - 1:15pm	ON DEMAND Virtual Class 12:45pm - 3:45pm	
1pm	Strength & Stability Jacob Berger 1:30pm - 2:15pm	Les Mills CORE - Virtual Virtual Class 1:30pm - 2:15pm	Strength & Stability Kristen Quast 1:30pm - 2:15pm	ON DEMAND Virtual Class 1:15pm - 4:15pm	Tai Chi Concepts Larry Lewis 1:30pm - 2:30pm		
2pm	ON DEMAND Virtual Class 2:30pm - 4:15pm	ON DEMAND Virtual Class 2:30pm - 4:15pm	ON DEMAND Virtual Class 2:30pm - 4:15pm		Les Mills DANCE - Virtual Virtual Class 2:45pm - 3:30pm		
4pm	Les Mills SHAPES Becky Wightman 4:30pm - 5:15pm	Les Mills BODYBALANCE Tracy Nyman 4:30pm - 5:30pm	Les Mills CORE - Virtual Virtual Class 4:30pm - 5pm	Les Mills BODYBALANCE Beckie Marcoe 4:30pm - 5:15pm	Les Mills BODYBALANCE - Virtual Virtual Class 4:15pm - 5pm		
5pm	Les Mills BODYCOMBAT Becky Wightman 5:25pm - 6:10pm	Les Mills GRIT STRENGTH Barb Seidel 5:45pm - 6:15pm	ESSETRICS® Stretch & Tone Kelley Kennon 5:15pm - 6:15pm	Les Mills BODYBALANCE Jacob Berger 5:45pm - 6:30pm	Les Mills BODYBALANCE - Virtual Virtual Class 5:30pm - 6:30pm		
6pm	Yoga Renee Waters/ Michelle Neubauer 6:30pm - 7:30pm	Les Mills DANCE Barb Seidel 6:30pm - 7:15pm	Restorative Yoga Ronald Pershing 6:45pm - 7:45pm		ON DEMAND Virtual Class 6:45pm - 8:45pm		
7pm	ON DEMAND Virtual Class 7:45pm - 8:45pm	Aerial Yoga-Strength & Tricks (Pay in Advance) Jessica Koepke 7:30pm - 8:30pm		Restorative Yoga Ronald Pershing 7pm - 8pm			
8pm			ON DEMAND Virtual Class 8pm - 8:45pm	ON DEMAND Virtual Class 8:15pm - 8:45pm			

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