

Studio 3 @ Fond du Lac Family YMCA

March 1st - May 31st

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

MON	TUE	WED	THU	FRI	SAT	SUN
camp - Drop In lass or Monthly Unlimited)		HIIT Training - (\$8/class or Monthly Unlimited)		Kettlebell Bootcamp(\$8/class or Monthly		
Ali Harasha/ Melissa Schmidt 5:05am - 5:50am		Ali Harasha 5:05am - 5:50am		Melissa Schmidt 5:05am - 5:50am		
					Total Body Bootcamp-\$8/class or Monthly Unlimited Rotating Instructors	
	ccamp - Drop In lass or Monthly Unlimited) arasha/ Melissa Schmidt	icamp - Drop In lass or Monthly Unlimited) arasha/ Melissa Schmidt	arasha/ Melissa Schmidt Ali HIIT Training - (\$8/class or Monthly Unlimited) arasha/ Melissa Ali Harasha Schmidt 5:05am - 5:50am	ccamp - Drop In HIIT Training - lass or Monthly (\$8/class or Monthly Unlimited) Unlimited) arasha/ Melissa Ali Harasha Schmidt 5:05am - 5:50am	HIIT Training - (\$8/class or Monthly Unlimited) Kettlebell arasha/ Melissa Schmidt Bootcamp(\$8/class Unlimited) Bootcamp(\$8/class or Monthly Unlimited) Ali Harasha Unlimited) Schmidt 5:05am - 5:50am	Accamp - Drop In lass or Monthly Unlimited) arasha/ Melissa Schmidt 5am - 5:50amHIIT Training - (\$8/class or Monthly Unlimited) Ali Harasha 5:05am - 5:50amKettlebell Bootcamp(\$8/class or Monthly Unlimited) Melissa Schmidt 5:05am - 5:50amSchmidt Sam - 5:50amSill Harasha 5:05am - 5:50amTotal Body Bootcamp-\$8/class or Monthly Unlimited)Schmidt Sam - 5:50amSill Harasha 5:05am - 5:50amTotal Body Bootcamp-\$8/class or Monthly Unlimited)

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.