



Studio 4 @ Fond du Lac Family YMCA  
March 10th - May 31st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>5am</b>	<b>Les Mills GRIT CARDIO - Virtual</b> Virtual Class 5:15am - 5:45am	<b>Les Mills BODYCOMBAT - Virtual</b> Virtual Class 5:05am - 6:05am	<b>Les Mills BODYBALANCE - Virtual</b> Virtual Class 5:05am - 5:50am	<b>Les Mills BODYCOMBAT</b> Lydia Kettner 5:05am - 5:50am	<b>Les Mills SHAPES/PILATES</b> Kendra Puetz 5:05am - 5:35am		
					<b>Les Mills BODYBALANCE (Flexibility)</b> Kendra Puetz 5:40am - 6:10am		
<b>6am</b>	<b>Les Mills BODYBALANCE - Virtual</b> Virtual Class 6am - 6:30am	<b>Les Mills BODYBALANCE - Virtual</b> Virtual Class 6:15am - 6:45am	<b>Les Mills BODYCOMBAT - Virtual</b> Virtual Class 6am - 7am	<b>Deep Stretching</b> Maria Kretschmann 6:15am - 7am	<b>Les Mills DANCE - Virtual</b> Virtual Class 6:30am - 7am	<b>ON DEMAND</b> Virtual Class 6am - 7:30am	
	<b>ON DEMAND</b> Virtual Class 6:30am - 7:45am						
<b>7am</b>		<b>Chair Yoga</b> Kelli Dercks 7am - 7:45am	<b>Les Mills BODYBALANCE - Virtual</b> Virtual Class 7:15am - 7:45am	<b>Les Mills BODYATTACK - Virtual</b> Virtual Class 7:15am - 7:45am	<b>Les Mills BODYATTACK - Virtual</b> Virtual Class 7:15am - 7:45am	<b>Les Mills GRIT MIX</b> Melanie Ottery/ Taj Puetz 7:50am - 8:20am	<b>Les Mills BODYBALANCE - Virtual</b> Virtual Class 7:15am - 8am
<b>8am</b>	<b>Les Mills BODYBALANCE - Virtual</b> Virtual Class 8am - 8:45am	<b>Barre Above</b> Karla Wolff 8am - 8:45am	<b>Les Mills GRIT STRENGTH - Virtual</b> Virtual Class 8am - 8:30am	<b>Les Mills STRENGTH DEVELOPMENT</b> Barb Seidel 8am - 8:45am	<b>Les Mills GRIT MIX</b> Barb Seidel 8am - 8:30am		<b>Les Mills CORE - Virtual</b> Virtual Class 8:15am - 8:45am
					<b>Les Mills SHAPES/PILATES</b> Barb Seidel/ Alison Gunderson 8:40am - 9:10am		
<b>9am</b>	<b>Yoga</b> Lenore Gerhartz 9am - 10am	<b>Yoga</b> Lenore Gerhartz 9am - 10am	<b>Yoga</b> Renee Waters 9am - 10am	<b>Yoga</b> Lenore Gerhartz 9am - 10am	<b>Les Mills BODYBALANCE</b> Barb Seidel/ Alison Gunderson 9:20am - 10:05am	<b>Les Mills BODYBALANCE - Virtual</b> Virtual Class 9am - 9:45am	<b>Les Mills DANCE - Virtual</b> Virtual Class 9am - 9:30am
							<b>Les Mills BODYBALANCE</b> Tracy Nyman 9:45am - 10:45am
<b>10am</b>	<b>Tai Chi Concepts</b> Larry Lewis 10:30am - 11:30am	<b>Parkinson's Exercise Class</b> Joel Mason 10:30am - 11:45am	<b>Feldenkrais/Bones For Life</b> Mary McCutcheon 10:45am - 11:30am	<b>Parkinson's Exercise Class</b> Joel Mason 10:30am - 11:45am	<b>Barre Above</b> Karla Wolff 10:20am - 11:15am	<b>Les Mills DANCE - Virtual</b> Virtual Class 10am - 10:30am	
<b>11am</b>			<b>ON DEMAND</b> Virtual Class 11:45am - 1:15pm		<b>Les Mills CORE - Virtual</b> Virtual Class 11:30am - 12pm	<b>Les Mills BODYBALANCE - Virtual</b> Virtual Class 11:30am - 12:30pm	<b>ON DEMAND</b> 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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	MON	TUE	WED	THU	FRI	SAT	SUN
12pm	<b>Les Mills BODYBALANCE - Virtual</b> Virtual Class 12pm - 1pm	<b>Les Mills BODYCOMBAT - Virtual</b> Virtual Class 12pm - 1pm		<b>Les Mills FUNCTIONAL STRENGTH</b> Kayla Mueller 12pm - 12:45pm	<b>ON DEMAND</b> Virtual Class 12:15pm - 1:15pm	<b>ON DEMAND</b> Virtual Class 12:45pm - 3:45pm	
1pm	<b>Strength &amp; Stability</b> Jacob Berger 1:30pm - 2:15pm	<b>RESERVED for Y programming</b> Rotating Instructors 1:30pm - 3pm	<b>Strength &amp; Stability</b> Kristen Quast 1:30pm - 2:15pm	<b>RESERVED for Y programming</b> Rotating Instructors 1:30pm - 3pm	<b>Tai Chi Concepts</b> Larry Lewis 1:30pm - 2:30pm		
2pm	<b>ON DEMAND</b> Virtual Class 2:30pm - 4:15pm	<b>ON DEMAND</b> Virtual Class 2:30pm - 4:15pm	<b>ON DEMAND</b> Virtual Class 2:30pm - 4:15pm		<b>Les Mills DANCE - Virtual</b> Virtual Class 2:45pm - 3:30pm		
3pm		<b>ON DEMAND</b> Virtual Class 3pm - 4:15pm		<b>ON DEMAND</b> Virtual Class 3pm - 4:15pm			
4pm	<b>Les Mills SHAPES</b> Becky Wightman 4:30pm - 5:15pm	<b>Les Mills BODYBALANCE</b> Tracy Nyman 4:30pm - 5:30pm	<b>Les Mills CORE - Virtual</b> Virtual Class 4:30pm - 5pm	<b>Les Mills BODYBALANCE</b> Beckie Marcoe 4:30pm - 5:15pm	<b>Les Mills BODYBALANCE - Virtual</b> Virtual Class 4:15pm - 5pm		
5pm	<b>Les Mills BODYCOMBAT</b> Becky Wightman 5:25pm - 6:10pm	<b>Les Mills GRIT STRENGTH</b> Barb Seidel 5:45pm - 6:15pm	<b>ESSETRICS® Stretch &amp; Tone</b> Kelley Kennon 5:15pm - 6:15pm	<b>Les Mills BODYBALANCE - Virtual</b> Virtual Class 5:45pm - 6:30pm	<b>Les Mills BODYBALANCE - Virtual</b> Virtual Class 5:30pm - 6:30pm		
6pm	<b>Yoga</b> Renee Waters/ Michelle Neubauer 6:30pm - 7:30pm	<b>Les Mills DANCE</b> Barb Seidel 6:30pm - 7:15pm	<b>Restorative Yoga</b> Ronald Pershing 6:45pm - 7:45pm		<b>ON DEMAND</b> Virtual Class 6:45pm - 8:45pm		
7pm	<b>ON DEMAND</b> Virtual Class 7:45pm - 8:45pm	<b>Aerial Yoga-Strength &amp; Tricks (Pay in Advance)</b> Jessica Koepke 7:30pm - 8:30pm		<b>Restorative Yoga</b> Ronald Pershing 7pm - 8pm			
8pm			<b>ON DEMAND</b> Virtual Class 8pm - 8:45pm	<b>ON DEMAND</b> Virtual Class 8:15pm - 8:45pm			

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