



Studio 4 @ Fond du Lac Family YMCA
November 1st - November 30th

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 Jen Neibauer 5:05am - 6:05am | Les Mills BODYBALANCE - Virtual Virtual Class 5:05am - 5:50am | Les Mills BODYCOMBAT Jen Neibauer 5:05am - 6:05am | Les Mills SHAPES 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 SH'BAM - 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 BARRE - 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 BODYBALANCE 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 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 BARRE - 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 | Forever Fit Flex & Flow Jacob Berger 1:30pm - 2:15pm | Strength & Stability Jacob Berger 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 | | | | |
| 3pm | | | | | Les Mills BARRE - Virtual Virtual Class 3pm - 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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