



MARCH  
2024



# ACTIVE OLDER ADULTS

FOND DU LAC FAMILY YMCA

To learn more about our Active Older Adults 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).



## AOA BOOK CLUB:

Last Thursday of the month.  
11:30 am – 12:30 pm  
Healthy Living Center  
Books will be provided.

## ALL SCHEDULES:



## MARCH AOA LAND FITNESS CLASSES

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
		LOW INTENSITY AEROBICS 7:15 – 7:45 am Studio 4		STEP & TONE 7:15 – 7:50 am Studio 4
ESSENTRICS® Aging Backwards 10:15 – 11:15 am Community Gym		ZUMBA GOLD 10:00 – 10:45 am Studio 1	SILVER SNEAKERS CARDIO CIRCUIT 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 & BALANCE 1:30 – 2:15 pm Studio 4		STRENGTH & BALANCE 1:30 – 2:15 pm Studio 4		



OUT TO LUNCH: MARCH 12 11:30 am MANCINO'S  
APRIL 9 11:30 am COLISEUM

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