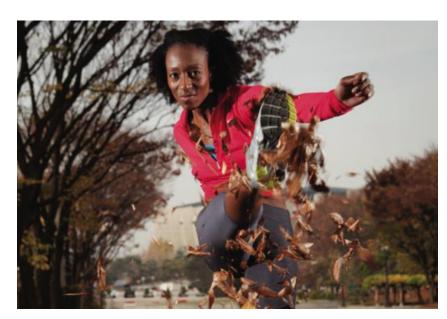


FITNESS IN THE **PARK**



Free for everyone!

Saturday group fitness classes in Veterans Park **FOND DU LAC FAMILY YMCA**

Join group fitness instructors from the Y as they lead fitness classes in Veterans Park during the weekly Saturday downtown Farmers Market. Classes are free for everyone to join.

SEPTEMBER SCHEDULE OF CLASSES

September 3rd

8:30 - 9:00 am BODYATTACK™ Challenge

9:15 - 9:45 am SH'BAM™ 10:00 - 10:30 am CXWORX™ 10:45 - 11:15 am **BODYFLOWTM**

September 10th

9:15 - 9:45 am **ZUMBATM**

10:00 - 10:30 am Family Recess —fitness/games

11:15 am - 12:00 pm BODYCOMBAT™

September 17th

10:00 - 10:30 am Family Recess—fitness/games

10:40 - 11:10 am **ZUMBATM** 11:30am – 12:00 pm SH'BAM™

September 24th

9:15 - 9:45 am GRIT™ Cardio

10:00 – 10:30 am Family Recess-fitness/games

11:30am – 12:00 pm SH'BAM™

OCTOBER SCHEDULE OF CLASSES

October 8th

8:30 - 9:00 am HIIT

10:00 - 10:30 am Family Recess-fitness/games

11:30am − 12:00 pm SH'BAM™

October 15th

Core Strength 8:30 - 9:00 am

Family Recess —fitness/games 10:00 - 10:30 am

11:15 - 11:45 am **BODYCOMBAT™**

October 22nd

9:15 - 9:45 am GRIT™ Cardio

10:00 - 10:30 am Family Recess-fitness/games

11:30am − 12:00 pm SH'BAM™

October 29th

10:00 - 10:30 am Family Recess-fitness/games

11:15 am − 12:00 pm BODYCOMBAT™

Pre-registration is not required. A water bottle and towel are suggested for classes.