



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# 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 3<sup>rd</sup>

- 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 BODYFLOW™

#### September 10<sup>th</sup>

- 9:15 – 9:45 am ZUMBA™
- 10:00 – 10:30 am Family Recess –fitness/games
- 11:15 am – 12:00 pm BODYCOMBAT™

#### September 17<sup>th</sup>

- 10:00 – 10:30 am Family Recess–fitness/games
- 10:40 – 11:10 am ZUMBA™
- 11:30am – 12:00 pm SH'BAM™

#### September 24<sup>th</sup>

- 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 8<sup>th</sup>

- 8:30 – 9:00 am HIIT
- 10:00 – 10:30 am Family Recess–fitness/games
- 11:30am – 12:00 pm SH'BAM™

#### October 15<sup>th</sup>

- 8:30 – 9:00 am Core Strength
- 10:00 – 10:30 am Family Recess –fitness/games
- 11:15 – 11:45 am BODYCOMBAT™

#### October 22<sup>nd</sup>

- 9:15 – 9:45 am GRIT™ Cardio
- 10:00 – 10:30 am Family Recess–fitness/games
- 11:30am – 12:00 pm SH'BAM™

#### October 29<sup>th</sup>

- 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.

**Classes will not run in inclement weather.**

FOND DU LAC FAMILY YMCA