



Fond du Lac Family YMCA  
December 1st - December 31st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<b>Les Mills RPM - Virtual</b> Studio 2 Virtual Class 5:05am - 5:50am	<b>Group Cycling</b> Studio 2 Emily Hayes 5:05am - 5:35am	<b>Les Mills BODYPUMP</b> Studio 1 Taj Puetz 5:05am - 5:50am	<b>Les Mills GRIT STRENGTH</b> Studio 1 Kendra Puetz 5:05am - 5:35am	<b>Les Mills SHAPES</b> Studio 4 Kendra Puetz 5:05am - 5:35am		
	<b>Bootcamp - Drop In (\$6/class or Monthly Unlimited)</b> Studio 3 Ali Harasha/ Melissa Schmidt 5:05am - 5:50am	<b>Les Mills FUNCTIONAL STRENGTH</b> Studio 1 Kendra Puetz 5:05am - 5:50am	<b>Les Mills BODYBALANCE - Virtual</b> Studio 4 Virtual Class 5:05am - 5:50am	<b>Group Cycling</b> Studio 2 Emily Hayes 5:05am - 5:35am	<b>Les Mills STRENGTH DEVELOPMENT</b> Studio 1 Jen Neibauer 5:05am - 5:50am		
	<b>Les Mills BODYPUMP</b> Studio 1 Taj Puetz 5:05am - 6:05am	<b>Les Mills BODYCOMBAT - Virtual</b> Studio 4 Virtual Class 5:05am - 6:05am	<b>HIIT Training - (\$6/class or Monthly Unlimited)</b> Studio 3 Ali Harasha 5:05am - 5:50am	<b>Les Mills BODYCOMBAT</b> Studio 4 Lydia Kettner 5:15am - 6am	<b>Kettlebell Bootcamp(\$6/class or Monthly Unlimited)</b> Studio 3 Melissa Schmidt 5:05am - 5:50am		
	<b>Les Mills GRIT CARDIO - Virtual</b> Studio 4 Virtual Class 5:15am - 5:45am	<b>ON DEMAND</b> Studio 2 Virtual Class 5:45am - 8:15am	<b>Les Mills RPM - Virtual</b> Studio 2 Virtual Class 5:05am - 5:35am	<b>Les Mills CORE</b> Studio 1 Kendra Puetz 5:40am - 6:10am	<b>Les Mills RPM - Virtual</b> Studio 2 Virtual Class 5:05am - 5:35am		
		<b>Les Mills CORE - Virtual</b> Studio 1 Virtual Class 5:55am - 6:25am	<b>Les Mills SPRINT - Virtual</b> Studio 2 Virtual Class 5:45am - 6:15am		<b>Les Mills BODYBALANCE (Flexibility)</b> Studio 4 Kendra Puetz 5:40am - 6:10am		
6am	<b>Les Mills BODYBALANCE - Virtual</b> Studio 4 Virtual Class 6am - 6:30am	<b>Les Mills BODYBALANCE - Virtual</b> Studio 4 Virtual Class 6:15am - 6:45am	<b>Les Mills BODYCOMBAT - Virtual</b> Studio 4 Virtual Class 6am - 7am	<b>ON DEMAND</b> Studio 2 Virtual Class 6am - 6:45am	<b>Les Mills SPRINT - Virtual</b> Studio 2 Virtual Class 6am - 6:30am	<b>ON DEMAND</b> Studio 4 Virtual Class 6am - 7:30am	
	<b>Women &amp; Weights</b> Studio 1 Doug O'Loughlin 6:15am - 7:15am	<b>Les Mills BARRE - Virtual</b> Studio 1 Virtual Class 6:30am - 7am	<b>ON DEMAND</b> Studio 2 Virtual Class 6:30am - 7:45am	<b>Deep Stretching</b> Studio 4 Maria Kretschmann 6:15am - 7am	<b>Les Mills SH'BAM - Virtual</b> Studio 4 Virtual Class 6:30am - 7am	<b>THE TRIP - Virtual</b> Studio 2 Virtual Class 6am - 6:45am	
	<b>Les Mills SPRINT - Virtual</b> Studio 2 Virtual Class 6:15am - 6:45am		<b>Women &amp; Weights</b> Studio 1 Maria Kretschmann 6:30am - 7:15am	<b>Les Mills BARRE - Virtual</b> Studio 1 Virtual Class 6:30am - 7am	<b>Les Mills BODYPUMP - Virtual</b> Studio 1 Virtual Class 6:30am - 7:30am	<b>Les Mills GRIT ATHLETIC - Virtual</b> Studio 1 Virtual Class 6am - 6:30am	
	<b>ON DEMAND</b> Studio 4 Virtual Class 6:30am - 7:45am				<b>ON DEMAND</b> Studio 2 Virtual Class 6:45am - 8:45am	<b>Les Mills BODYPUMP</b> Studio 1 Taj Puetz 6:45am - 7:30am	

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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7am	<b>ON DEMAND</b> Studio 2 Virtual Class 7am - 8:45am	<b>Chair Yoga</b> Studio 4 Kelli Dercks 7am - 7:45am	<b>Les Mills BODYBALANCE - Virtual</b> Studio 4 Virtual Class 7:15am - 7:45am	<b>THE TRIP - Virtual</b> Studio 2 Virtual Class 7am - 7:45am	<b>Les Mills BODYATTACK - Virtual</b> Studio 4 Virtual Class 7:15am - 7:45am	<b>Total Body Bootcamp-\$6/class or Monthly Unlimited</b> Studio 3 Rotating Instructors 7am - 7:45am	<b>Les Mills SPRINT - Virtual</b> Studio 2 Virtual Class 7:05am - 7:35am	
	<b>Les Mills GRIT CARDIO</b> Studio 1 Barb Seidel 7:30am - 8am	<b>Les Mills BODYPUMP - Virtual</b> Studio 1 Virtual Class 7:15am - 8am	<b>Les Mills BODYPUMP - Virtual</b> Studio 1 Virtual Class 7:30am - 8am	<b>Les Mills BARRE - Virtual</b> Studio 4 Virtual Class 7:15am - 7:45am			<b>Les Mills RPM - Virtual</b> Studio 2 Virtual Class 7am - 7:30am	<b>Les Mills BODYPUMP - Virtual</b> Studio 1 Virtual Class 7:05am - 7:50am
				<b>Zumba</b> Studio 1 Karla Wolff 7:30am - 8:15am			<b>Les Mills GRIT MIX</b> Studio 4 Melanie Ottery/ Taj Puetz 7:50am - 8:20am	<b>Les Mills BODYBALANCE - Virtual</b> Studio 4 Virtual Class 7:15am - 8am
								<b>ON DEMAND</b> Studio 2 Virtual Class 7:45am - 8:45am
8am	<b>Les Mills BODYBALANCE - Virtual</b> Studio 4 Virtual Class 8am - 8:45am	<b>Barre Above</b> Studio 4 Karla Wolff 8am - 8:45am	<b>Les Mills SPRINT - Virtual</b> Studio 2 Virtual Class 8am - 8:30am	<b>Les Mills FUNCTIONAL STRENGTH</b> Studio 4 Barb Seidel 8am - 8:45am	<b>Les Mills GRIT MIX</b> Studio 4 Barb Seidel 8am - 8:30am	<b>Les Mills BODYATTACK</b> Studio 1 Barb Seidel / Kendra Puetz 8am - 9am	<b>Les Mills STRENGTH DEVELOPMENT</b> Studio 1 Carrie Maser 8am - 8:45am	
	<b>Les Mills CORE</b> Studio 1 Jill Stone 8:15am - 8:45am	<b>Les Mills BODYPUMP</b> Studio 1 Jill Stone 8:30am - 9:15am	<b>Les Mills BODYBALANCE</b> Studio 4 Jacob Berger 8am - 8:30am	<b>Les Mills SPRINT - Virtual</b> Studio 2 Virtual Class 8:15am - 8:45am	<b>Les Mills BODYPUMP</b> Studio 1 Becky Wightman / Jerry Berger 8:30am - 9:30am	<b>Les Mills SPRINT - Virtual</b> Studio 2 Virtual Class 8am - 8:30am	<b>Les Mills CORE - Virtual</b> Studio 4 Virtual Class 8:15am - 8:45am	
	<b>Les Mills BODYSTEP</b> Studio 1 Jill Stone 8:50am - 9:35am	<b>THE TRIP - Virtual</b> Studio 2 Virtual Class 8:30am - 9:15am	<b>Les Mills CORE</b> Studio 1 Jill Stone 8:15am - 8:45am	<b>Les Mills BODYPUMP</b> Studio 1 Becky Wightman 8:30am - 9:30am	<b>Les Mills SHAPES</b> Studio 4 Barb Seidel/ Alison Gunderson 8:40am - 9:10am	<b>Les Mills RPM - Virtual</b> Studio 2 Virtual Class 8:45am - 9:15am		
			<b>Les Mills BODYSTEP</b> Studio 1 Jill Stone 8:50am - 9:35am					
9am	<b>Les Mills RPM</b> Studio 2 Gina Wilson 9am - 9:45am	<b>Yoga</b> Studio 4 Lenore Gerhartz 9am - 10am	<b>Les Mills RPM</b> Studio 2 Becky Wightman / Jerry Berger 9am - 9:45am	<b>Yoga</b> Studio 4 Lenore Gerhartz 9am - 10am	<b>THE TRIP - Virtual</b> Studio 2 Virtual Class 9am - 9:45am	<b>Les Mills BODYBALANCE - Virtual</b> Studio 4 Virtual Class 9am - 9:45am	<b>Les Mills BODYPUMP</b> Studio 1 Becky Wightman / Jerry Berger 9am - 9:45am	
	<b>Yoga</b> Studio 4 Lenore Gerhartz 9am - 10am	<b>Les Mills BODYBALANCE</b> Studio 1 Jill Stone 9:20am - 9:50am	<b>Yoga</b> Studio 4 Renee Waters 9am - 10am	<b>Les Mills RPM - Virtual</b> Studio 2 Virtual Class 9:15am - 10:05am	<b>Les Mills BODYBALANCE</b> Studio 4 Barb Seidel/ Alison Gunderson 9:20am - 10:05am	<b>Les Mills BODYPUMP</b> Studio 1 Barb Seidel / Kendra Puetz 9:10am - 10:10am	<b>Les Mills RPM - Virtual</b> Studio 2 Virtual Class 9am - 9:30am	

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		<b>Les Mills RPM - Virtual</b> Studio 2 Virtual Class 9:30am - 10:20am		<b>Les Mills BODYBALANCE</b> Studio 1 Becky Wightman 9:35am - 10:05am	<b>Les Mills BODYCOMBAT</b> Studio 1 Becky Wightman / Jerry Berger 9:35am - 10:35am	<b>Les Mills SPRINT - Virtual</b> Studio 2 Virtual Class 9:30am - 10am	<b>Les Mills BARRE - Virtual</b> Studio 4 Virtual Class 9am - 9:30am
							<b>Les Mills BODYBALANCE</b> Studio 4 Tracy Nyman 9:45am - 10:45am
							<b>Les Mills BODYCOMBAT</b> Studio 1 Becky Wightman / Jerry Berger 9:55am - 10:55am
<b>10am</b>	<b>Les Mills BODYBALANCE - Virtual</b> Studio 1 Virtual Class 10am - 11am	<b>Zumba</b> Studio 1 Julie Garrison 10am - 11am	<b>Zumba Gold</b> Studio 1 Karla Wolff 10am - 10:45am	<b>Les Mills SPRINT - Virtual</b> Studio 2 Virtual Class 10:15am - 10:45am	<b>Les Mills RPM - Virtual</b> Studio 2 Virtual Class 10am - 10:50am	<b>Les Mills DANCE - Virtual</b> Studio 4 Virtual Class 10am - 10:30am	<b>THE TRIP - Virtual</b> Studio 2 Virtual Class 10am - 10:45am
	<b>THE TRIP - Virtual</b> Studio 2 Virtual Class 10:15am - 11am	<b>Parkinson's Exercise Class</b> Studio 4 Joel Mason 10:30am - 11:45am	<b>THE TRIP - Virtual</b> Studio 2 Virtual Class 10:15am - 11am	<b>Les Mills BODYSTEP</b> Studio 1 Virginia Diener 10:15am - 11:15am	<b>Barre Above</b> Studio 4 Karla Wolff 10:20am - 11:05am	<b>Les Mills CORE</b> Studio 1 Barb Seidel / Kendra Puetz 10:15am - 10:45am	
	<b>Tai Chi Concepts</b> Studio 4 Larry Lewis 10:30am - 11:30am	<b>ON DEMAND</b> Studio 2 Virtual Class 10:30am - 11:45am	<b>Feldenkrais/Bones For Life</b> Studio 4 Mary McCutcheon 10:45am - 11:30am	<b>Parkinson's Exercise Class</b> Studio 4 Joel Mason 10:30am - 11:45am	<b>Les Mills BODYBALANCE - Virtual</b> Studio 1 Virtual Class 10:45am - 11:15am	<b>THE TRIP - Virtual</b> Studio 2 Virtual Class 10:15am - 11am	
<b>11am</b>	<b>Les Mills SH'BAM - Virtual</b> Studio 1 Virtual Class 11:15am - 11:45am	<b>Les Mills SHAPES</b> Studio 1 Virginia Diener 11:05am - 11:50am	<b>Les Mills GRIT STRENGTH - Virtual</b> Studio 1 Virtual Class 11am - 11:30am		<b>Les Mills SPRINT - Virtual</b> Studio 2 Virtual Class 11am - 11:30am	<b>Les Mills BODYCOMBAT - Virtual</b> Studio 1 Virtual Class 11:15am - 12:15pm	<b>ON DEMAND</b> Studio 2 Virtual Class 11am - 1:45pm
			<b>ON DEMAND</b> Studio 4 Virtual Class 11:45am - 1:15pm		<b>Les Mills CORE - Virtual</b> Studio 4 Virtual Class 11:15am - 11:45am	<b>Les Mills RPM - Virtual</b> Studio 2 Virtual Class 11:15am - 12pm	<b>Les Mills BODYBALANCE - Virtual</b> Studio 1 Virtual Class 11am - 11:45am
						<b>Les Mills BODYBALANCE - Virtual</b> Studio 4 Virtual Class 11:30am - 12:30pm	<b>ON DEMAND</b> Studio 4 Virtual Class 11am - 1:45pm

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	MON	TUE	WED	THU	FRI	SAT	SUN
12pm	<b>Les Mills SPRINT - Virtual</b> Studio 2 Virtual Class 12pm - 12:30pm	<b>THE TRIP - Virtual</b> Studio 2 Virtual Class 12pm - 12:45pm	<b>Les Mills SPRINT - Virtual</b> Studio 2 Virtual Class 12pm - 12:30pm	<b>Les Mills BODYCOMBAT</b> Studio 1 Becky Wightman 12pm - 12:30pm	<b>ON DEMAND</b> Studio 4 Virtual Class 12pm - 1:15pm	<b>ON DEMAND</b> Studio 2 Virtual Class 12:15pm - 3:45pm	
	<b>Les Mills BODYCOMBAT</b> Studio 1 Becky Wightman 12pm - 12:30pm	<b>Les Mills BODYCOMBAT - Virtual</b> Studio 4 Virtual Class 12pm - 1pm	<b>Les Mills BODYCOMBAT</b> Studio 1 Becky Wightman 12pm - 12:30pm	<b>Group Cycling</b> Studio 2 Gina Wilson 12pm - 12:30pm	<b>Les Mills BODYSTEP</b> Studio 1 Virginia Diener 12pm - 1pm	<b>Les Mills BODYATTACK - Virtual</b> Studio 1 Virtual Class 12:30pm - 1:30pm	
	<b>Les Mills BODYBALANCE - Virtual</b> Studio 4 Virtual Class 12pm - 1pm	<b>Les Mills BODYPUMP</b> Studio 1 Becky Wightman 12pm - 1pm	<b>Les Mills CORE</b> Studio 1 Becky Wightman 12:35pm - 1:05pm	<b>Les Mills FUNCTIONAL STRENGTH</b> Studio 4 Kayla Mueller 12pm - 12:45pm	<b>Les Mills RPM/Group Cycling</b> Studio 2 Gina Wilson 12pm - 12:30pm	<b>ON DEMAND</b> Studio 4 Virtual Class 12:45pm - 3:45pm	
	<b>Les Mills CORE</b> Studio 1 Becky Wightman 12:35pm - 1:05pm		<b>Les Mills RPM - Virtual</b> Studio 2 Virtual Class 12:45pm - 1:15pm	<b>Les Mills SHAPES</b> Studio 1 Becky Wightman 12:35pm - 1:05pm			
1pm	<b>THE TRIP - Virtual</b> Studio 2 Virtual Class 1pm - 1:45pm	<b>Les Mills SPRINT - Virtual</b> Studio 2 Virtual Class 1pm - 1:30pm	<b>THE TRIP - Virtual</b> Studio 2 Virtual Class 1:30pm - 2:15pm	<b>Les Mills RPM - Virtual</b> Studio 2 Virtual Class 1pm - 1:50pm	<b>THE TRIP - Virtual</b> Studio 2 Virtual Class 1pm - 1:45pm		
	<b>Strength &amp; Stability</b> Studio 4 Jacob Berger 1:30pm - 2:15pm	<b>Les Mills CORE - Virtual</b> Studio 4 Virtual Class 1:30pm - 2:15pm	<b>Les Mills BODYPUMP - Virtual</b> Studio 1 Virtual Class 1:30pm - 2:15pm	<b>ON DEMAND</b> Studio 4 Virtual Class 1:15pm - 4:15pm	<b>Tai Chi Concepts</b> Studio 4 Larry Lewis 1:30pm - 2:30pm		
	<b>Les Mills BODYPUMP - Virtual</b> Studio 1 Virtual Class 1:30pm - 2:15pm	<b>Les Mills BODYPUMP - Virtual</b> Studio 1 Virtual Class 1:30pm - 2:15pm	<b>Strength &amp; Stability</b> Studio 4 Kristen Quast 1:30pm - 2:15pm	<b>Les Mills BODYPUMP - Virtual</b> Studio 1 Virtual Class 1:30pm - 2:15pm	<b>Les Mills BODYPUMP - Virtual</b> Studio 1 Virtual Class 1:30pm - 2:15pm		
		<b>THE TRIP - Virtual</b> Studio 2 Virtual Class 1:45pm - 2:30pm					
2pm	<b>Les Mills RPM - Virtual</b> Studio 2 Virtual Class 2pm - 2:50pm	<b>ON DEMAND</b> Studio 4 Virtual Class 2:30pm - 4:15pm	<b>ON DEMAND</b> Studio 4 Virtual Class 2:30pm - 4:15pm	<b>ON DEMAND</b> Studio 2 Virtual Class 2pm - 3:45pm	<b>ON DEMAND</b> Studio 2 Virtual Class 2pm - 4:15pm		
	<b>ON DEMAND</b> Studio 4 Virtual Class 2:30pm - 4:15pm	<b>Les Mills BODYATTACK - Virtual</b> Studio 1 Virtual Class 2:30pm - 3:30pm	<b>ON DEMAND</b> Studio 2 Virtual Class 2:30pm - 4pm	<b>Les Mills BODYATTACK - Virtual</b> Studio 1 Virtual Class 2:30pm - 3pm	<b>Les Mills BODYATTACK - Virtual</b> Studio 1 Virtual Class 2:30pm - 3:30pm		

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	MON	TUE	WED	THU	FRI	SAT	SUN
3pm	<b>Les Mills BODYATTACK - Virtual</b> Studio 1 Virtual Class 2:30pm - 3:30pm	<b>ON DEMAND</b> Studio 2 Virtual Class 2:45pm - 4:30pm	<b>Les Mills BODYATTACK - Virtual</b> Studio 1 Virtual Class 2:30pm - 3:30pm				
	<b>ON DEMAND</b> Studio 2 Virtual Class 3pm - 5pm			<b>Les Mills CORE</b> Studio 1 Virtual Class 3:15pm - 4pm	<b>Les Mills BARRE - Virtual</b> Studio 4 Virtual Class 3pm - 3:30pm		
4pm					<b>Les Mills CORE - Virtual</b> Studio 1 Virtual Class 3:45pm - 4:15pm		
	<b>Les Mills BODYSTEP</b> Studio 1 Barb Seidel / Kendra Puetz 4:30pm - 5:15pm	<b>Les Mills BODYPUMP</b> Studio 1 Becky Wightman / Jerry Berger 4:15pm - 5:15pm	<b>Les Mills SHAPES</b> Studio 1 Becky Wightman 4:15pm - 4:45pm	<b>Group Cycling</b> Studio 2 Lisa Rolfe 4pm - 4:30pm	<b>Les Mills BODYBALANCE - Virtual</b> Studio 4 Virtual Class 4:15pm - 5pm		
	<b>Les Mills SHAPES</b> Studio 4 Becky Wightman 4:30pm - 5:15pm	<b>Les Mills BODYBALANCE</b> Studio 4 Tracy Nyman 4:30pm - 5:30pm	<b>Les Mills RPM / THE TRIP</b> Studio 2 Kendra Puetz 4:30pm - 5:15pm	<b>Les Mills BODYPUMP</b> Studio 1 Jerry Berger 4:15pm - 5:15pm	<b>THE TRIP - Virtual</b> Studio 2 Virtual Class 4:30pm - 5:15pm		
		<b>Les Mills SPRINT - Virtual</b> Studio 2 Virtual Class 4:45pm - 5:15pm	<b>Les Mills CORE - Virtual</b> Studio 4 Virtual Class 4:30pm - 5pm	<b>Les Mills BODYBALANCE</b> Studio 4 Beckie Marcoe 4:30pm - 5:15pm	<b>Les Mills BODYATTACK - Virtual</b> Studio 1 Virtual Class 4:30pm - 5:15pm		
5pm			<b>Les Mills BODYCOMBAT</b> Studio 1 Becky Wightman 4:50pm - 5:20pm				
	<b>Les Mills SPRINT</b> Studio 2 Jerry Berger 5:25pm - 5:55pm	<b>Les Mills CORE</b> Studio 1 Becky Wightman / Jerry Berger 5:20pm - 5:50pm	<b>ESSETRICS® Stretch &amp; Tone</b> Studio 4 Kelley Kennon 5:15pm - 6:15pm	<b>Les Mills SPRINT</b> Studio 2 Beckie Marcoe 5:30pm - 6pm	<b>Les Mills BODYBALANCE - Virtual</b> Studio 4 Virtual Class 5:30pm - 6:30pm		
	<b>Les Mills BODYCOMBAT</b> Studio 4 Becky Wightman 5:25pm - 6:10pm	<b>Les Mills RPM - Virtual</b> Studio 2 Virtual Class 5:30pm - 6:15pm	<b>Les Mills SPRINT - Virtual</b> Studio 2 Virtual Class 5:30pm - 6pm	<b>Les Mills BODYATTACK</b> Studio 1 Barb Seidel / Kendra Puetz 5:30pm - 6:15pm	<b>Les Mills SPRINT - Virtual</b> Studio 2 Virtual Class 5:30pm - 6pm		
	<b>Les Mills BODYPUMP</b> Studio 1 Barb Seidel / Kendra Puetz 5:30pm - 6:30pm	<b>Les Mills GRIT STRENGTH</b> Studio 4 Barb Seidel 5:45pm - 6:15pm	<b>Les Mills BODYPUMP</b> Studio 1 Barb Seidel / Kendra Puetz 5:30pm - 6:30pm	<b>Les Mills BODYBALANCE</b> Studio 4 Jacob Berger 5:45pm - 6:30pm	<b>Les Mills BODYPUMP</b> Studio 1 Taj Puetz 5:30pm - 6:30pm		

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	MON	TUE	WED	THU	FRI	SAT	SUN
6pm		<b>Les Mills BODYCOMBAT</b> Studio 1 Lydia Kettner 5:55pm - 6:40pm					
	<b>ON DEMAND</b> Studio 2 Virtual Class 6:15pm - 8:45pm	<b>Les Mills DANCE</b> Studio 4 Barb Seidel 6:30pm - 7:15pm	<b>THE TRIP - Virtual</b> Studio 2 Virtual Class 6:15pm - 7pm	<b>Les Mills RPM - Virtual</b> Studio 2 Virtual Class 6:15pm - 6:45pm	<b>Les Mills RPM - Virtual</b> Studio 2 Virtual Class 6:15pm - 7:05pm		
	<b>Yoga</b> Studio 4 Renee Waters/ Michelle Neubauer 6:30pm - 7:30pm	<b>RESERVED for Y programming</b> Studio 2 Kendra Puetz 6:30pm - 7:45pm	<b>Les Mills BODYBALANCE (Flexibility)</b> Studio 1 Virtual Class 6:45pm - 7:15pm	<b>Les Mills CORE</b> Studio 1 Barb Seidel / Kendra Puetz 6:20pm - 6:50pm	<b>ON DEMAND</b> Studio 4 Virtual Class 6:45pm - 8:45pm		
7pm	<b>Les Mills BODYBALANCE (Flexibility)</b> Studio 1 Kendra Puetz 6:35pm - 7:05pm	<b>Les Mills FUNCTIONAL STRENGTH</b> Studio 1 Ashley O'Connor 6:50pm - 7:35pm	<b>Restorative Yoga</b> Studio 4 Ronald Pershing 6:45pm - 7:45pm				
	<b>Les Mills GRIT CARDIO - Virtual</b> Studio 1 Virtual Class 7:30pm - 8pm	<b>Aerial Yoga-Strength &amp; Tricks (Pay in Advance)</b> Studio 4 Jessica Koepke 7:30pm - 8:30pm	<b>ON DEMAND</b> Studio 2 Virtual Class 7:15pm - 8:45pm	<b>Restorative Yoga</b> Studio 4 Ronald Pershing 7pm - 8pm	<b>Les Mills BODYCOMBAT</b> Studio 1 Virtual Class 7pm - 8pm		
	<b>ON DEMAND</b> Studio 4 Virtual Class 7:45pm - 8:45pm		<b>Les Mills GRIT ATHLETIC - Virtual</b> Studio 1 Virtual Class 7:30pm - 8pm	<b>ON DEMAND</b> Studio 2 Virtual Class 7pm - 8:45pm	<b>ON DEMAND</b> Studio 2 Virtual Class 7:15pm - 8:45pm		
8pm				<b>Les Mills BODYCOMBAT - Virtual</b> Studio 1 Virtual Class 7:45pm - 8:45pm			
	<b>Les Mills CORE - Virtual</b> Studio 1 Virtual Class 8:15pm - 8:45pm	<b>ON DEMAND</b> Studio 2 Virtual Class 8pm - 8:45pm	<b>ON DEMAND</b> Studio 4 Virtual Class 8pm - 8:45pm	<b>ON DEMAND</b> Studio 4 Virtual Class 8:15pm - 8:45pm	<b>Les Mills CORE</b> Studio 1 Virtual Class 8:15pm - 8:45pm		
		<b>Les Mills BARRE - Virtual</b> Studio 1 Virtual Class 8:15pm - 8:45pm	<b>Les Mills CORE</b> Studio 1 Virtual Class 8:15pm - 8:45pm				

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