



**MARCH  
2024**

# ACTIVE OLDER ADULTS

## FOND DU LAC FAMILY YMCA

### 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 Welcome Center desk.



### AOA BOOK CLUB:

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

### WATER FITNESS CLASSES:

Additional water fitness classes can be found on our Family Pool Schedule:

- AQUA FIT
- DEEP WATER POWER
- MID TEMPO AQUA BEATS
- MODERATE AEROBICS
- POOL PARTY
- SPLASH JAM
- TONE AND STRETCH
- WATER AEROBICS



**SCHEDULES**

### MONDAY

**WATER AEROBICS**  
8:15 – 9:00 am  
Family Pool

**TONE & STRETCH**  
9:00 – 9:55 am  
Family Pool

**ESSENTRICS®**  
Aging Backwards  
10:15 – 11:15 am  
Community Gym

**TAI CHI CONCEPTS**  
10:30 – 11:30 am  
Studio 4

**AQUA FIT**  
11:00 – 12:00 pm  
Family Pool

**STRENGTH & BALANCE**  
1:30 – 2:15 pm  
Studio 4

### TUESDAY

**WATER AEROBICS**  
7:00 – 7:45 am  
Family Pool

**MID-TEMPO AQUA BEATS**  
8:30 – 9:30 am  
Family Pool

**AQUA ABS & ARMS**  
9:30 – 10:30 am  
Family Pool

**AQUA FIT**  
10:45 – 11:45 am  
Family Pool

**DEEP WATER POWER**  
1:00 – 1:45 pm  
Family Pool

**POOL PARTY**  
6:00 – 7:00 pm  
Family Pool

### WEDNESDAY

**LOW INTENSITY AEROBICS**  
7:15 – 7:45 am  
Studio 4

**POOL PARTY**  
8:00 – 8:45 am  
Family Pool

**ZUMBA GOLD**  
10:00 – 10:45 am  
Studio 1

**SILVER SNEAKERS YOGA**  
10:15 – 11:00 am  
Community Gym

**AQUA FIT**  
11:00 – 11:55 am  
Family Pool

**STRENGTH & BALANCE**  
1:30 – 2:15 pm  
Studio 4

### THURSDAY

**DEEP STRETCHING**  
6:15 – 7:00 am  
Family Pool

**WATER AEROBICS**  
7:15 – 8:00 am  
Family Pool

**AQUA ABS & ARMS**  
9:30 – 10:30 am  
Family Pool

**SILVER SNEAKERS CARDIO CIRCUIT**  
10:15 – 11:15 am  
Community Gym

**WATER YOGA**  
10:45 – 11:45 am  
Family Pool

**AQUA FIT**  
12:00 – 12:45 pm  
Family Pool

### FRIDAY

**STEP & TONE**  
7:15 – 7:50 am  
Studio 4

**MID-TEMPO AQUA BEATS**  
8:30 – 3:30 am  
Family Pool

**TONE & STRETCH**  
9:45 – 10:45 am  
Family Pool

**AQUA FIT**  
11:00 – 11:55 am  
Family Gym

**TAI CHI CONCEPTS**  
1:30 – 2:30 pm  
Studio 4

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).