



Community Gym @ Fond du Lac Family YMCA

January 13th - February 9th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Open Pickleball 5am - 9am	Open Pickleball 5am - 9am	Open Pickleball 5am - 9am	Open Pickleball 5am - 9am	Open Pickleball 5am - 10am		
6am						Open Pickleball 6am - 8am	
7am							Open Pickleball 7am - 9am
8am						Open Hoops 8am - 10am	
9am	Open Hoops 9am - 1pm	Open Walking 9am - 10am	Open Hoops 9am - 10am	Open Walking 9am - 10am			Y Programming 9am - 12:30pm
10am	ESSENTRICS® Aging Backwards® Kelley Kennon 10:15am - 11:15am	Open Hoops 10am - 11:30am	Silver Sneaker Yoga Brianna Sheide 10:15am - 11am	Silver Sneakers Cardio Circuit Julia Westbrook 10:15am - 11:15am	Silver Sneaker Yoga Brianna Sheide 10:15am - 11am	Co-ed Tag Rugby Open Gym 10am - 12pm	
11am		Beginners Pickleball 11:30am - 1pm	Open Hoops 11:15am - 1pm	Beginners Pickleball 11:30am - 1pm	Open Hoops 11:15am - 1pm		
12pm						Open Hoops 12pm - 3pm	
1pm	Intermediate & Advanced Pickleball 1pm - 3pm	Open Pickleball 1pm - 3pm	Open Pickleball 1pm - 3pm	Intermediate & Advanced Pickleball 1pm - 3pm	Open Pickleball 1pm - 3pm		Open Pickleball 1pm - 3:45pm
3pm	BGC/Open Hoops 3pm - 4:30pm	BGC/Open Hoops 3pm - 4:30pm	BGC/Open Hoops 3pm - 4:30pm	BGC/Open Hoops 3pm - 4:30pm	BGC/Open Hoops 3pm - 4:30pm	Open Pickleball 3pm - 5:45pm	
4pm	BGC Programming 4:30pm - 5pm	BGC Programming 4:30pm - 5pm	BGC Programming 4:30pm - 5pm	BGC Programming 4:30pm - 5pm	BGC Programming 4:30pm - 5pm		
5pm	Just Play 5pm - 6pm	Just Play 5pm - 6pm	Just Play 5pm - 6pm	Just Play 5pm - 6pm	Just Play 5pm - 6pm		
6pm	Beginner Pickleball League 6pm - 8pm	Intermediate Pickleball League 6pm - 8pm	Advanced Pickleball League 6pm - 8pm	BGC/Open Hoops 6pm - 7pm	BGC/Open Hoops 6pm - 7pm		
7pm				Open Hoops 7pm - 9pm	Open Hoops 7pm - 9pm		
8pm	Open Hoops 8pm - 9pm	Open Hoops 8pm - 9pm	Open Hoops 8pm - 9pm				

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.

WALK A MILE: About 20 times around the gym, following the basketball court lines, equals 1 mile.

COMMUNITY GYM CLOSED:

Wednesday, February 7 at 6:00 pm thru Thursday, February 8 at 11:30 am for YMCA Annual Meeting
(NO Open Pickleball, Open Walking and ESSENTRICS Aging Backwards)