# Community Gym @ Fond du Lac Family YMCA

January 4th - January 17th

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

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|---|
| 5am | **Hoops Available**<br>5am - 7am | **Hoops Available**<br>5am - 10am | **Hoops Available**<br>5am - 7am | **Hoops Available**<br>5am - 10am | **Hoops Available**<br>5am - 8am | | |
| 6am | | | | | | **Hoops Available**<br>6am - 2pm | |
| 7am | **Low Intensity Aerobics**<br>7:15am - 7:45am | | **Low Intensity Aerobics**<br>7:15am - 7:45am | | **Strength & Balance**<br>7:15am - 8am | | **Hoops Available**<br>7am - 11am |
| | **Yoga Flex**<br>7:55am - 8:25am | | **Balance & Strength**<br>7:50am - 8:45am | | | | |
| 8am | | | | | **BGC Programming**<br>8am - 5pm | | |
| 9am | **BGC Programming**<br>9am - 5pm | | **Hoops Available**<br>9am - 9pm | | | | |
| 10am | | **Silver Sneakers Cardio Circuit**<br>10:30am - 11:15am | | **Silver Sneakers Cardio Circuit**<br>10:30am - 11:15am | | | |
| 11am | | **BGC Programming**<br>11:30am - 5pm | | **BGC Programming**<br>11:30am - 5pm | | | |
| 5pm | **Hoops Available**<br>5pm - 9pm | **Hoops Available**<br>5pm - 9pm | | **Hoops Available**<br>5pm - 6pm | **Hoops Available**<br>5pm - 9pm | | |
| 6pm | | | | **Arc Basketball**<br>6pm - 8pm | | | |
| 8pm | | | | **Hoops Available**<br>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.