



Community Gym @ Fond du Lac Family YMCA
 April 22nd - May 17th

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 - 3pm	
9am	Open Hoops 9am - 10am	Open Walking 9am - 10am	Open Hoops 9am - 10am	Open Walking 9am - 10am			Y Programming 9am - 12pm
10am	ESSENTRICS® Aging Backwards® Kelley Kennon 10:15am - 11:15am	Silver Sneakers Classic Kathy Strong-Langolf 10:15am - 11:15am	ESSENTRICS® Aging Backwards® Kelley Kennon 10:15am - 11:15am	Silver Sneakers Cardio Circuit Julia Westbrook 10:15am - 11:15am	Open Hoops 10:15am - 1pm		
11am	Open Hoops 11:15am - 1pm	Beginners Pickleball 11:30am - 1pm	Open Hoops 11:15am - 1pm	Beginners Pickleball 11:30am - 1pm			
12pm							Open Hoops 12pm - 1pm
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 - 4pm	BGC/Open Hoops 3pm - 4pm	BGC/Open Hoops 3pm - 4pm	BGC/Open Hoops 3pm - 4pm	BGC/Open Hoops 3pm - 4pm	Open Pickleball 3pm - 5:45pm	
4pm	BGC Programming 4pm - 5pm	BGC Programming 4pm - 5pm	BGC Programming 4pm - 5pm	BGC Programming 4pm - 5pm	BGC Programming 4pm - 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	BGC/Open Hoops 6pm - 7pm	BGC/Open Hoops 6pm - 7pm	Special Olympics - 1/2 GYM 6pm - 7:15pm		
					Open Hoops 6pm - 9pm		
7pm			Open Hoops 7pm - 9pm	Open Hoops 7pm - 9pm			
8pm	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.