



**Community Gym @ Fond du Lac Family YMCA**  
May 3rd - May 17th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<b>Open Pickleball</b> 5am - 9am	<b>Open Pickleball</b> 5am - 9am	<b>Open Pickleball</b> 5am - 9am	<b>Open Pickleball</b> 5am - 9am	<b>Open Pickleball</b> 5am - 10am		
6am						<b>Open Pickleball</b> 6am - 8am	
7am							<b>Open Pickleball</b> 7am - 9am
8am						<b>Open Hoops</b> 8am - 3pm	
9am	<b>Open Hoops</b> 9am - 10am	<b>Open Walking</b> 9am - 10am	<b>Open Hoops</b> 9am - 10am	<b>Silver Sneakers Cardio Circuit</b> Jacob Berger 9:15am - 10:15am			<b>Y Programming</b> 9am - 12pm
10am	<b>ESSETRICS® Aging Backwards®</b> Kelley Kennon 10:15am - 11:15am	<b>Silver Sneakers Classic</b> Kathy Strong-Langolf 10:15am - 11:15am	<b>ESSETRICS® Aging Backwards®</b> Kelley Kennon 10:15am - 11:15am	<b>Open Walking</b> 10:15am - 11:30am	<b>Open Hoops</b> 10:15am - 1pm		
11am	<b>Open Hoops</b> 11:15am - 1pm	<b>Beginners Pickleball</b> 11:30am - 1pm	<b>Open Hoops</b> 11:15am - 1pm	<b>Beginners Pickleball</b> 11:30am - 1pm			
12pm							<b>Open Hoops</b> 12pm - 1pm
1pm	<b>Intermediate &amp; Advanced Pickleball</b> 1pm - 3pm	<b>Open Pickleball</b> 1pm - 3pm	<b>Open Pickleball</b> 1pm - 3pm	<b>Intermediate &amp; Advanced Pickleball</b> 1pm - 3pm	<b>Open Pickleball</b> 1pm - 3pm		<b>Open Pickleball</b> 1pm - 3:45pm
3pm	<b>BGC/Open Hoops</b> 3pm - 4pm	<b>BGC/Open Hoops</b> 3pm - 4pm	<b>BGC/Open Hoops</b> 3pm - 4pm	<b>BGC/Open Hoops</b> 3pm - 4pm	<b>BGC/Open Hoops</b> 3pm - 4pm	<b>Open Pickleball</b> 3pm - 5:45pm	
4pm	<b>BGC Programming</b> 4pm - 5pm	<b>BGC Programming</b> 4pm - 5pm	<b>BGC Programming</b> 4pm - 5pm	<b>BGC Programming</b> 4pm - 5pm	<b>BGC Programming</b> 4pm - 5pm		
5pm	<b>Just Play</b> 5pm - 6pm	<b>Just Play</b> 5pm - 6pm	<b>Just Play</b> 5pm - 6pm	<b>Just Play</b> 5pm - 6pm	<b>Just Play</b> 5pm - 6pm		
6pm	<b>Beginner Pickleball League</b> 6pm - 8pm	<b>Intermediate Pickleball League</b> 6pm - 8pm	<b>BGC/Open Hoops</b> 6pm - 7pm	<b>BGC/Open Hoops</b> 6pm - 7pm	<b>Special Olympics - 1/2 GYM</b> 6pm - 7:15pm		
					<b>Open Hoops</b> 6pm - 9pm		
7pm			<b>Open Hoops</b> 7pm - 9pm	<b>Open Hoops</b> 7pm - 9pm			
8pm	<b>Open Hoops</b> 8pm - 9pm	<b>Open Hoops</b> 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.