



Community Gym @ Fond du Lac Family YMCA
September 23rd - October 18th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Open Gym 5am - 6:30am	Open Gym 5am - 6:30am	Open Gym 5am - 6:30am	Open Gym 5am - 6:30am	Open Gym 5am - 6:30am		
6am	Pickleball 6:30am - 9am	Pickleball 6:30am - 9:30am	Pickleball 6:30am - 9am	Pickleball 6:30am - 9:30am	Pickleball 6:30am - 11am	Open Gym 6am - 11am	
9am	Family/Open Gym 9am - 11am	Gym Setup 9:30am - 10am	Open Gym 9am - 3pm	Gym Setup 9:30am - 10am			Open Gym 9am - 3:45pm
10am		Silver Sneakers Cardio Circuit 10am - 11:15am		Silver Sneakers Cardio Circuit 10am - 11:15am			
11am	Open Gym 11am - 3pm	Beginners Pickleball 11:15am - 12pm		Beginners Pickleball 11:15am - 12pm	Open Gym 11am - 3pm	Young Athletes 11am - 12pm	
12pm		Intermediate Pickleball 12pm - 3pm		Intermediate Pickleball 12pm - 3pm		Open Gym 12pm - 1pm	
1pm						Birthday Parties/Open Gym 1pm - 2:30pm	
2pm						Open Gym 2:30pm - 5:45pm	
3pm	Open Gym/BGC 3pm - 4pm	Open Gym/BGC 3pm - 4pm	Open Gym/BGC 3pm - 4pm	Open Gym/BGC 3pm - 4pm	Open Gym/BGC 3pm - 4pm		
4pm	Just Play 4pm - 5pm	Just Play 4pm - 5pm	Just Play 4pm - 5pm	Just Play 4pm - 5pm	Just Play 4pm - 5pm		
5pm	Open Gym/BGC 5pm - 7pm	Open Gym/BGC 5pm - 7pm	Open Gym/BGC 5pm - 7pm	Open Gym/BGC 5pm - 7pm	Open Gym/BGC 5pm - 7pm		
7pm	Open Badminton 7pm - 9:45pm	Open Gym 7pm - 9:45pm	Open Pickleball 7pm - 9:45pm	Open Gym 7pm - 9:45pm	Open Badminton 7pm - 9:45pm		

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.