



Family 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 Hoops 5am - 9am	Open Hoops 5am - 6am	Open Hoops 5am - 9am	Open Hoops 5am - 6am	Open Hoops 5am - 9am		
6am		Adult Pick-up Full Court 6am - 8am		Adult Pick-up Full Court 6am - 8am		Adult Pick-up Full Court 6am - 8am	
7am							Open Hoops 7am - 4pm
8am		Open Hoops 8am - 9pm		Open Hoops 8am - 9pm		Baller Basics 8am - 10am	
		Preschool Class - 1/2 GYM (1/23 & 1/30) 8am - 11am					
9am	Open Walking 9am - 10am		Open Walking 9am - 10am	Little Dribblers-1/2 GYM 9am - 10am	Open Walking 9am - 10am		
10am	Open Hoops 10am - 9pm		Open Hoops 10am - 9pm	Parkinson's Class - 1/2 GYM 10:30am - 11:45am	Open Hoops 10am - 9pm	Open Hoops 10am - 6pm	
2pm					Preschool Class - 1/2 GYM 2:30pm - 3pm		
3pm	LIVESTRONG - 1/2 GYM (1/29 ONLY) 3pm - 4:30pm						
6pm					Special Olympics - 1/2 GYM 6pm - 7pm		

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.