



Family Gym @ Fond du Lac Family YMCA
December 2nd - December 22nd

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Open Hoops 5am - 9pm	Open Hoops 5am - 6am	Open Hoops 5am - 9pm	Open Hoops 5am - 6am	Open Hoops 5am - 9pm		
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		Open Hoops 8am - 6pm	
9am	Sports Mania - 1/2 GYM (12/2 & 12/9) 9am - 10am		Sports Mania - 1/2 GYM (12/4 & 12/11) 9am - 10am				
10am				Parkinson's Class - 1/2 GYM 10am - 11:45am			
5pm	Junior Vikes - 1/2 GYM (12/2 & 12/9) 5:30pm - 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.