



Family 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 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		Open Hoops 8am - 6pm	
		Preschool Class - 1/2 GYM 8:30am - 11am					
9am	Open Walking 9am - 10am		Open Walking 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		

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.