



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITNESS FUNDRAISING FRENZY

**My Y Week Wrap-up Event
Saturday, April 21st
FOND DU LAC FAMILY YMCA**

JOIN THE FRENZY—AND TRY A CLASS NEW TO YOU! Join us to wrap up My Y Week with a special fitness schedule. Most classes are only 30 minutes - a great way to check out different class options that you've always wanted to try. This is also the final chance to GIVE to your favorite class towards the FITNESS CLASS FUNDRAISING CHALLENGE.

Space is limited for each class. Registration is not required. All classes are free.

STUDIO 1	
6:30 - 7:00 am	BODYPUMP
7:10 - 7:40 am	GRIT Strength
7:50 - 8:20 am	BODYCOMBAT
8:30 - 9:00 am	BODYSTEP (NEW!)
9:10 - 9:40 am	BODYPUMP
11:00 - 11:30 am	CXWORX
11:40 am - 12:10 pm	SH'BAM (Family)
COMMUNITY GYM	
10:00 - 10:45 am	BODYATTACK 100
STUDIO 2	
6:30 - 7:00 am	SPRINT
7:10 - 7:40 am	GROUP CYCLING
7:50 - 8:20 am	RPM
8:30 - 9:00 am	SPRINT
9:10 - 9:40 am	VIRTUAL CLASS

STUDIO 3	
7:10 - 7:40 am	POUND
7:50 - 8:20 am	INTERVAL
8:30 - 9:00 am	HIIT TRAINING
9:10 - 9:40 am	POUND
STUDIO 4	
6:30 - 7:00 am	LES MILLS TONE
8:30 - 9:00 am	BODYFLOW
9:45 - 10:45 am	YOGA
11:00 - 11:30 am	ZUMBA
11:40 am - 12:10 pm	BODYFLOW



**GIVE TO THE Y
CHANGE YOUR
COMMUNITY**