



DECEMBER
2024



FOREVER FIT

STAY ACTIVE :: STAY CONNECTED :: STAY FOREVER FIT
FOND DU LAC FAMILY YMCA

To learn more about our Forever Fit programming and opportunities, visit our website at fdlymca.org or contact Jake Berger at jacob.berger@fdlymca.org.



Y BOOK CLUB:
Last Tuesday of the month.
11:30 am – 12:30 pm
Healthy Living Center
Books will be provided.

ALL SCHEDULES:



FOREVER FIT LAND FITNESS CLASSES

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
	CHAIR YOGA 7:00 – 7:45 am Studio 4		DEEP STRETCHING 6:15 – 7:00 am Studio 4	
ESSENTRICS® Aging Backwards 10:15 – 11:15 am Community Gym	FOREVER FIT CARDIO CIRCUIT 10:15 – 11:15 am Community Gym	ZUMBA GOLD 10:00 – 10:45 am Studio 1	FOREVER FIT STRENGTH IN MOTION 9:15 – 10:15 am Community Gym	CHAIR YOGA 10:15 – 11:15 am Community Gym
TAI CHI CONCEPTS 10:30 – 11:30 am Studio 4		ESSENTRICS® Aging Backwards 10:15 – 11:15 am Community Gym		
STRENGTH & STABILITY 1:30 – 2:15 pm Studio 4		STRENGTH & STABILITY 1:30 – 2:15 pm Studio 4		TAI CHI CONCEPTS 1:30 – 2:30 pm Studio 4



OUT TO LUNCH: DECEMBER 10 11:30 am MANCINO'S
WHITE ELEPHANT GIFT SWAP: DECEMBER 19 4:30 pm GINO'S

Join other Forever Fit members for food, fun and fellowship. Sign up at the Welcome Center desk.



Family Pool @ Fond du Lac Family YMCA

December 2nd - December 19th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Open Swim 5am - 4:30pm	Open Swim 5am - 4:30pm	Open Swim 5am - 4:30pm	Open Swim 5am - 4:30pm	Open Swim 5am - 7pm		
6am						Open Swim 6am - 5:30pm	
7am		MORNING GRIND WATER AEROBICS Kelly (Instructor) 7:15am - 8am		MORNING GRIND WATER AEROBICS Kelly (Instructor) 7:15am - 8am			Open Swim 7am - 3:30pm
8am	WATER AEROBICS Carla (Instructor) 8:15am - 9am	MID-TEMPO AQUA BEATS Lynn (Instructor) 8:30am - 9:30am	POOL PARTY Keelyn (Instructor) 8am - 8:45am	MID-TEMPO AQUA BEATS Lynn (Instructor) 8:30am - 9:30am	MID-TEMPO AQUA BEATS Lynn (Instructor) 8:30am - 9:30am	SPLASH JAM Dorothy/ Tina 8am - 9am	
9am	TONE AND STRETCH Jean (Instructor) 9am - 10am	AQUA ABS & ARMS Lynn (Instructor) 9:30am - 10:30am	POOL PARTY Keelyn (Instructor) 9am - 9:45am	AQUA ABS & ARMS Lynn (Instructor) 9:30am - 10:30am			
10am	AQUA FIT Lenore (Instructor) 10:45am - 11:45am	AQUA FIT Lenore (Instructor) 10:45am - 11:45am	TONE AND STRETCH Jean (Instructor) 10am - 11am		AQUA FIT Lenore (Instructor) 10am - 11am		
11am			AQUA FIT Jean (Instructor) 11am - 12pm		TONE AND STRETCH Jean (Instructor) 11am - 12pm		
12pm				WALK & WARM-UP Cindy (Instructor) 12:30pm - 1pm			
1pm		DEEP WATER POWER Cindy (Instructor) 1pm - 1:45pm		DEEP WATER POWER Cindy (Instructor) 1pm - 1:45pm		Water Slide 1pm - 3pm	Water Slide 1pm - 3pm
4pm	Swim Lessons 4:30pm - 5:45pm	Swim Lessons 4:30pm - 5:45pm	Swim Lessons 4:30pm - 5:45pm	Swim Lessons 4:30pm - 5:45pm			
5pm	Open Swim 5:45pm - 8:30pm	Open Swim 5:45pm - 8:30pm	Open Swim 5:45pm - 8:30pm	Open Swim 5:45pm - 8:30pm			
6pm	SPLASH JAM Tina (Instructor) 6pm - 7pm	POOL PARTY Keelyn (Instructor) 6pm - 7pm	SPLASH JAM Tina (Instructor) 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.