



**AUGUST
2025**

FOREVER FIT

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

**WATER
AEROBICS
ON BACK**

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.



FOREVER FIT
SPONSORED BY:
**network
health**

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			
FOREVER FIT FLEX & FLOW 10:15 – 11:15 am Community Gym	FOREVER FIT CARDIO CIRCUIT 10:15 – 11:15 am Community Gym	CHAIR YOGA 10:15 – 11:15 am Community Gym	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		ZUMBA GOLD 10:00 – 10:45 am Studio 1		
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:**

AUGUST 12 11:30 am FAROS
SEPTEMBER 9 11:30 am ALA ROMA
Join other Forever Fit members for food, fun and fellowship.
Sign up at the Welcome Center desk.



WATER AEROBICS

AUGUST 1–AUGUST 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MORNING AQUABLAST WITH FRIENDS Kelly 7:15 – 8:00 am		MORNING AQUABLAST WITH FRIENDS Kelly 7:15 – 8:00 am		
POOL PARTY Keelyn 8:00 – 8:45 am	MID-TEMPO AQUA BEATS Lynn 8:30 – 9:30 am	POOL PARTY Keelyn 8:00 – 8:45 am	MID-TEMPO AQUA BEATS Lynn 8:30 – 9:30 am	MID-TEMPO AQUA BEATS Lynn 8:30 – 9:30 am	SPLASH JAM Dorothy/Tina 8:00 – 9:00 am
TONE AND STRETCH Jean 9:00 – 10:00 am	AQUA ABS & ARMS Lynn 9:30 – 10:30 am	POOL PARTY Keelyn 9:00 – 9:45 am	AQUA ABS & ARMS Lynn 9:30 – 10:30 am		
AQUA FIT Lenore 10:45– 11:45 am	AQUA FIT Lenore 10:45– 11:45 am	TONE AND STRETCH Jean 10:00– 11:00 am		AQUA FIT Lenore 10:00– 11:00 am	
		AQUA FIT Jean 11:00 am–12:00 pm	WALK & WARM-UP Cindy 12:30– 1:00 pm	AQUA FIT Jean 11:00 am–12:00 pm	
	SPLASH AND CHAT Cindy 1:00– 2:00 pm		SPLASH AND CHAT Cindy 1:00– 2:00 pm		
SPLASH JAM Tina 6:00– 7:00 pm	POOL PARTY Keelyn 6:00– 7:00 pm	SPLASH JAM Tina 6:00– 7:00 pm			