



**JULY
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:**

JULY 8 11:30 am ROLLING MEADOWS RESTAURANT
AUGUST 12 11:30 am FAROS

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



WATER AEROBICS

JULY 1 – JULY 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		
WATER AEROBICS Carla 8:15 – 9:00 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 – 1:45 pm		SPLASH AND CHAT Cindy 1:00 – 1:45 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			