



MARCH 2025

FOREVER FIT

WATER AEROBICS ON BACK

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.



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		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:

MARCH 11 11:30 am EL PATRON
APRIL 8 11:30 am SCHMITTY'S BAR & GRILL

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

