



Group Land Fitness Schedule
Fond du Lac Family YMCA
September 5th - September 30th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Les Mills BODYVIVE 3.1 Studio 4 (C) 5:05am - 6am	Group Cycling Studio 2 (B) 5:05am - 5:50am	Les Mills RPM Studio 2 (B) 5:05am - 5:50am	Les Mills BODYCOMBAT Studio 4 (C) 5:05am - 6:05am	Les Mills SPRINT Studio 2 (B) 5:05am - 5:35am		
	Les Mills RPM Studio 2 (B) 5:05am - 5:50am	Les Mills BODYCOMBAT Studio 4 (C) 5:05am - 6:05am	Les Mills BODYVIVE 3.1 Studio 4 (C) 5:05am - 5:50am	Les Mills RPM Studio 2 (B) 5:05am - 5:50am	Les Mills BODYFLOW Studio 4 (C) 5:10am - 6:10am		
	Les Mills BODYPUMP Studio 1 (A) 5:10am - 6:10am	Les Mills GRIT PLYO/GRIT CARDIO (\$3/class) Studio 1 (A) 5:10am - 5:40am	Les Mills BODYPUMP Studio 1 (A) 5:10am - 6:10am	Les Mills GRIT STRENGTH (\$3/class) Studio 1 (A) 5:10am - 5:40am	Les Mills BODYATTACK Studio 1 (A) 5:10am - 5:40am		
	HIIT Training (Ericka) - Drop In (\$5/class) Studio 3 (PT) 5:15am - 6am	Les Mills CXWORX Studio 1 (A) 5:45am - 6:15am		Les Mills CXWORX Studio 1 (A) 5:45am - 6:15am			
6am	Women & Weights Studio 4 (C) 6:15am - 7am	Spin and Sculpt (starting Sept. 19) Studio 2 (B) 6am - 6:45am	Women & Weights Studio 4 (C) 6:15am - 7am			Les Mills BODYPUMP Studio 1 (A) 6:45am - 7:45am	
						Les Mills SPRINT Studio 2 (B) 7am - 7:30am	
8am	Les Mills GRIT STRENGTH (\$3/class) Studio 3 (PT) 8:15am - 8:45am	Les Mills BODYPUMP Studio 1 (A) 8:30am - 9:30am	Les Mills CXWORX Studio 1 (A) 8:15am - 8:45am	Les Mills SH'BAM Studio 4 (C) 8am - 8:45am	Les Mills BODYPUMP Studio 1 (A) 8:30am - 9:30am	Les Mills BODYATTACK Studio 1 (A) 8am - 9am	
	Les Mills CXWORX Studio 1 (A) 8:15am - 8:45am		Les Mills BODYATTACK Studio 1 (A) 8:50am - 9:35am	Les Mills BODYPUMP Studio 1 (A) 8:30am - 9:30am			
	Les Mills BODYATTACK Studio 1 (A) 8:50am - 9:35am						
9am	Group Cycling Studio 2 (B) 9am - 9:45am	Yoga Studio 4 (C) 9am - 10:15am	Les Mills RPM Studio 2 (B) 9am - 9:45am	Yoga Studio 4 (C) 9am - 10:15am	Pilates Studio 4 (C) 9am - 10am	Les Mills BODYPUMP Studio 1 (A) 9:15am - 10:15am	Les Mills BODYPUMP Studio 1 (A) 9:15am - 10am
	Yoga Studio 4 (C) 9am - 10:15am		Pilates Studio 4 (C) 9am - 10am	Les Mills BODYFLOW Studio 1 (A) 9:40am - 10:10am	Les Mills BODYCOMBAT Studio 1 (A) 9:40am - 10:40am		
	Les Mills BODYPUMP Studio 1 (A) 9:45am - 10:45am		Zumba Studio 1 (A) 9:50am - 10:35am				
10am	Les Mills SH'BAM Studio 4 (C) 10:45am - 11:30am	Zumba Toning Studio 1 (A) 10am - 11am	Feldenkrais Studio 4 (C) 10:30am - 11:30am	Parkinson's Exercise Class Studio 4 (C) 10:30am - 11:45am		Yoga Studio 4 (C) 10:15am - 11:15am	Les Mills BODYCOMBAT Studio 1 (A) 10:10am - 10:55am

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.



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		Parkinson's Exercise Class Studio 4 (C) 10:30am - 11:45am	Zumba Gold Studio 1 (A) 10:45am - 11:30am			Les Mills CXWORX Studio 1 (A) 10:30am - 11am	Les Mills SPRINT Studio 2 (B) 10:30am - 11am
11am							Les Mills BODYFLOW Studio 4 (C) 11:10am - 11:55am
12pm	Les Mills GRIT CARDIO (\$3/class) Studio 1 (A) 12pm - 12:30pm	Les Mills BODYATTACK Studio 4 (C) 12pm - 12:45pm	Les Mills GRIT STRENGTH (\$3/class) Studio 1 (A) 12pm - 12:30pm	Les Mills BODYPUMP Studio 1 (A) 12pm - 12:45pm	Les Mills RPM Studio 2 (B) 12pm - 12:30pm		
	Yoga Studio 4 (C) 12pm - 1pm	Interval Training (Ali) - Drop In (\$5/class) Studio 3 (PT) 12pm - 12:45pm	Les Mills CXWORX Studio 1 (A) 12:35pm - 1:05pm	Les Mills BODYCOMBAT Studio 4 (C) 12pm - 1pm	Les Mills BODYATTACK Studio 1 (A) 12pm - 12:45pm		
	Les Mills RPM Studio 2 (B) 12pm - 12:30pm	Les Mills BODYPUMP Studio 1 (A) 12pm - 1pm		Group Cycling Studio 2 (B) 12pm - 12:45pm			
	Les Mills CXWORX Studio 1 (A) 12:35pm - 1:05pm	Group Cycling Studio 2 (B) 12pm - 12:30pm		Interval Training (Ericka) - Drop In (\$5/class) Studio 3 (PT) 12pm - 12:45pm			
		Les Mills BODYFLOW Studio 4 (C) 12:50pm - 1:20pm					
1pm	Stronger Together Studio 4 (C) 1:30pm - 2:15pm	LIVESTRONG at the YMCA Studio 4 (C) 1:30pm - 3pm	Stronger Together Studio 4 (C) 1:30pm - 2:15pm	LIVESTRONG at the YMCA Studio 4 (C) 1:30pm - 3pm			
4pm	Les Mills CXWORX Studio 4 (C) 4:30pm - 5pm	Les Mills BODYPUMP Studio 1 (A) 4:30pm - 5:30pm	Les Mills BODYCOMBAT Studio 1 (A) 4:15pm - 5:15pm	Les Mills BODYFLOW Studio 4 (C) 4:15pm - 5pm	Les Mills BODYVIVE 3.1 Studio 1 (A) 4:30pm - 5:30pm		
	Athletic Step Studio 1 (A) 4:30pm - 5:30pm	Les Mills BODYFLOW Studio 4 (C) 4:30pm - 5:30pm		Les Mills BODYPUMP Studio 1 (A) 4:45pm - 5:45pm			
		Les Mills SPRINT Studio 2 (B) 4:45pm - 5:15pm		Les Mills SPRINT Studio 2 (B) 4:45pm - 5:15pm			
5pm	Les Mills SPRINT Studio 2 (B) 5:05pm - 5:35pm	Bootcamp (Becky/Jerry) - Drop In (\$5/class) Studio 3 (PT) 5:15pm - 6pm	Les Mills SPRINT Studio 2 (B) 5pm - 5:30pm	Cardio Jam Studio 4 (C) 5:10pm - 5:55pm	Yoga Studio 4 (C) 5:30pm - 6:30pm		
	Les Mills BODYCOMBAT Studio 4 (C) 5:15pm - 6:15pm	Les Mills RPM Studio 2 (B) 5:30pm - 6:15pm	Yoga Studio 4 (C) 5:15pm - 6:15pm	Interval Training (Laura) - Drop In (\$5/class) Studio 3 (PT) 5:15pm - 6pm	Les Mills BODYPUMP Studio 1 (A) 5:45pm - 6:45pm		

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	MON	TUE	WED	THU	FRI	SAT	SUN
	Les Mills BODYPUMP Studio 1 (A) 5:45pm - 6:45pm	Les Mills CXWORX Studio 1 (A) 5:40pm - 6:10pm	Les Mills GRIT PLYO (\$3/class) Studio 1 (A) 5:40pm - 6:10pm	Les Mills RPM Studio 2 (B) 5:30pm - 6:15pm			
		Les Mills GRIT STRENGTH (\$3/class) Studio 4 (C) 5:45pm - 6:15pm					
6pm	Vinyasa Yoga Studio 4 (C) 6:30pm - 7:30pm	Les Mills BODYCOMBAT Studio 1 (A) 6:15pm - 7pm	Les Mills SPRINT Studio 2 (B) 6:10pm - 6:40pm	Les Mills BODYATTACK Studio 1 (A) 6pm - 7pm			
		Les Mills SH'BAM Studio 4 (C) 6:30pm - 7:15pm	Les Mills BODYPUMP Studio 1 (A) 6:20pm - 7:20pm	Yoga Studio 4 (C) 6:30pm - 7:30pm			
7pm				Les Mills CXWORX Studio 1 (A) 7:10pm - 7:40pm			

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Class Descriptions

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Athletic Step - Athletic Step is an energizing workout using a height-adjustable step and simple movements on, over and around the step. Cardio blocks push fat burning systems into high gear followed by muscle conditioning to shape and tone your body.

Bootcamp (Becky/Jerry) - Drop In (\$5/class) - This class is a powerful workout that will include strength, conditioning, speed work, balance and plyometric drills. Watch your stamina and fitness level soar to new heights.

Cardio Jam - Cardio Jam is a calorie-burning workout that combines kickboxing, dance and martial arts.

Feldenkrais - Feldenkrais (sometimes called Feldenkrais therapy) is recognized for the strategies it employs to improve posture, flexibility, coordination, and athletic and artistic ability and to help those with restricted movement, chronic pain and tension.

Group Cycling - Group Cycling simulates riding on flat terrain or hills while incorporating sprints, jumps and leisure riding.

HIIT Training (Ericka) - Drop In (\$5/class) - High intensity interval training (HIIT) involves repeated bouts of high intensity effort followed by varied recovery times.

Interval Training (Ali) - Drop In (\$5/class) - This energetic class involves alternating short bursts of intense activity with active recovery periods. This is an efficient training method using a variety of fun equipment to help increase your cardiovascular and muscular endurance.

Interval Training (Ericka) - Drop In (\$5/class) - This energetic class involves alternating short bursts of intense activity with active recovery periods. This is an efficient training method using a variety of fun equipment to help increase your cardiovascular and muscular endurance.

Interval Training (Laura) - Drop In (\$5/class) - This energetic class involves alternating short bursts of intense activity with active recovery periods. This is an efficient training method using a variety of fun equipment to help increase your cardiovascular and muscular endurance.

Les Mills BODYATTACK - BODYATTACK™ is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

Les Mills BODYCOMBAT - BODYCOMBAT™ is the fiercely energetic martial arts workout where you are totally unleashed and empowered

Les Mills BODYFLOW - BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength, leaving you feeling centered and calm.

Les Mills BODYPUMP - BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.

Les Mills BODYVIVE 3.1 - BODYVIVE™ 3.1 is an all round low-impact workout that lets you choose just how hard you work. It's ideal for those wanting the benefits of improved cardio fitness, strength and flexibility.

Les Mills CXWORX - CXWORX™ really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

Les Mills GRIT CARDIO (\$3/class) - LES MILLS GRIT™ Cardio is a high-impact cardio workout like nothing else. Designed to burn fat and rapidly improve athletic capability, this explosive, 30-minute workout combines high impact body weight exercises and uses no equipment.

Les Mills GRIT PLYO (\$3/class) - LES MILLS GRIT™ Plyo is a plyometric-based workout that delivers fast results! Combining the principles of explosive plyometrics and power agility training, you'll build a powerful, agile and athletic body.

Les Mills GRIT PLYO/GRIT CARDIO (\$3/class) - LES MILLS GRIT™ Plyo uses a bench to build power, increase speed and leg strength. LES MILLS GRIT™ Cardio combines high-impact body weight exercise with an explosive workout.

Les Mills GRIT STRENGTH (\$3/class) - Using barbell, weight plate and body weight exercises, LES MILLS GRIT™ Strength is an intense 30-minute team training workout that will blast all major muscle groups and take your strength into another zone.

Les Mills RPM - RPM™ is an indoor cycling workout where you ride to the rhythm of powerful music to a calorie burning endorphin high.

Les Mills SH'BAM - SH'BAM™ features simple but seriously hot dance moves. It's the perfect way to shape up and let out your inner star – even if you're dance challenged. SH'BAM is the ultimate fun and sociable way to lose fat, improve short-term memory and gain coord

Les Mills SPRINT - SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. HIIT uses intervals of maximum effort followed by complete recovery.

LIVESTRONG at the YMCA - LIVESTRONG at the YMCA is a free 12-week small-group fitness program that engages adult cancer survivors through an approach that focuses on the whole person. Must be a program participant to attend.

Parkinson's Exercise Class - Participants need to be able to handle light to aerobic and strengthening exercises. Interested participants will need to schedule a quick assessment appointment. Once approved, register at the YMCA Welcome Center. This is a paid class.

Pilates - Pilates improves muscle strength, core stability, posture, and flexibility as well as breathing and relaxation techniques.

Spin and Sculpt (starting Sept. 19) - Spin and Sculpt is a total body workout incorporating squats, push-ups and lunges.



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Stronger Together - Stronger Together is a weekly LIVESTRONG alumni group exercise class, offering a variety of fitness options. Must be a graduate of the LIVESTRONG program to attend.

Vinyasa Yoga - Vinyasa Yoga is a strengthening flow class; postures lead into postures; yoga works on the body and mind in distinct ways, promoting a healthy body and mind.

Women & Weights - Women & Weights is a workout where each week you will focus on different muscle groups (upper & lower body) through use of weights, bars and body weight exercises.

Yoga - Yoga postures focus on correct alignment, strength building, range of motion, breathing techniques and deep, revitalizing relaxation.

Zumba - Zumba fuses Latin rhythms and easy-to-follow moves to create a dynamic and addicting dance fitness party.

Zumba Gold - Zumba Gold is a Latin inspired dance workout for the active older adult or anyone that may need modifications for success.

Zumba Toning - Zumba Toning is a Latin-inspired dance fitness class with the addition of light hand weights, helping to tone and sculpt the body.