



MEMBER UPDATES & INFO FOR JANUARY

BALANCED HEALTH SERIES:

FINDING SOLUTIONS FOR COMMON HAND CONDITIONS

JANUARY 11 • 12:00-1:00 PM
YMCA BOARD ROOM

Join Dr. Schaefer as he reviews common hand conditions and some of the innovative solutions to avoid lost work time.

REGISTER AT: fdlymca.org

NEW CLASS ADDED TO THE SCHEDULE:

BREATHE & MOVE: Seated or Standing Tai Chi and Yoga inspired movements in a flowing sequence to progress strength, balance and focus.
WEDNESDAY :: STUDIO 4 :: 2:30 PM



AOA
Out to Lunch
Tuesday, January 10

RIVERA MAYA • 11:30 am
Sign up at the Welcome Center desk.



FIND YOUR SUPPORT

FREE PROGRAM FOR Y MEMBERS!

HEALTHY LIVING PROGRAM

The Y's Healthy Living Program is committed to helping you implement healthy lifestyle management in a safe, engaging environment.

The Y's Healthy Living Program is an 8-week exercise based program. Participants will be assigned a personal wellness coach who provides one-on-one coaching for exercise instruction, motivation and accountability.

Schedule your first appointment now by stopping by the Y's Welcome Center desk or by calling 920.921.3330.



2023 WINTER PROGRAM GUIDE

WINTER I: JANUARY 14TH - FEBRUARY 10TH
WINTER II: FEBRUARY 11TH - MARCH 10TH

REGISTER TODAY!

LIVESTRONG® AT THE YMCA

WE ARE ACCEPTING INTEREST FORMS FOR THE NEXT SESSION

To be considered, please complete the participant interest form.



Winter I: Tuesdays & Thursdays
Starting February 28, 2023

2:15 pm - 3:45 pm OR
5:00 pm - 6:30 pm

A NEW YEAR... A NEW START!

Launching the latest Les Mills releases each week in January!

JANUARY 2 - 7

BODYPUMP 123

JANUARY 8-14

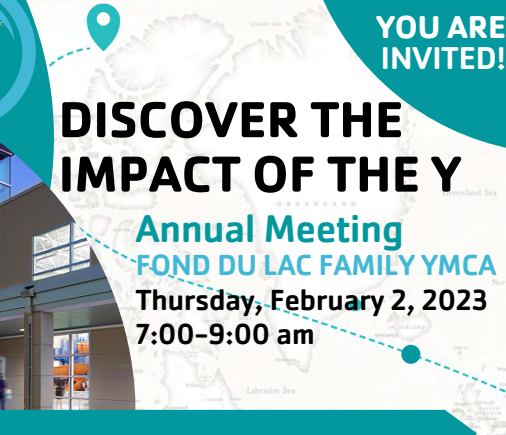

SPRINT 29
BODYBALANCE 98
SH'BAM 49

JANUARY 15-21

GRIT 42
BODYATTACK 118
RPM 96

JANUARY 22-28

BODYCOMBAT 93
BODYSTEP 129
CORE 48



YOU ARE INVITED!

DISCOVER THE IMPACT OF THE Y

Annual Meeting

FOND DU LAC FAMILY YMCA

Thursday, February 2, 2023
7:00-9:00 am

LOCATION: Radisson Hotel and Conference Center of Fond du Lac
625 W. Rolling Meadows Drive,
Fond du Lac, WI 54937

REGISTER HERE





FIND YOUR FITNESS

Individual & Group
Personal Training
FOND DU LAC FAMILY YMCA

SPECIAL OFFER!
BUY 5 OR 10 SESSIONS, GET 1 FREE!
BUY 15 OR 30 SESSIONS, GET 2 FREE!
Offer valid January 2-15, 2023