



FAMILY FITNESS FRIDAY

APPLETON YMCA | January 17

Come together as a family and enjoy our variety of Family Fitness Classes! No experience necessary. Just bring a water bottle and open attitude.

Family Fitness Sampler

Try 1, 2 or all 3 of our fun and engaging fitness classes

Cost:

Y member: \$35/family
General Public \$55/family

Family Gym Class Games

1:30-2:15 PM

Explore and experience a fun gym class. Play games and sports that incorporate all major motor movements.

Family Zumba

12:30-1:15 PM

Shimmy, shake and dance your way through this engaging class with Latin inspired music. Enjoy the dance party together!

Family Yoga

11:30 AM-12:15 PM

Move through basic yoga poses and flows while following along with a fun adventure story.

SCAN TO REGISTER



Specialty Fitness Classes

Cost:

- Y member: \$5 per person, per specialty class
- General Public: \$8 per person, per specialty class.

Each participant must register

Family Aerial Yoga

1:30-2:15 PM

Max Participants 8
Minimum age 10
Let your yoga practice take flight. Aerial Yoga is everything you love about yoga with a twist of play, flight, meditation, and core stabilization.

SCAN TO REGISTER



Family Synergy

1:30-2:15 PM

Max Participants 12
Minimum age 10
Establish a healthy, active lifestyle alongside your family to reach fitness goals. Each class is strength & cardio-based training that utilizes functional training systems.

SCAN TO REGISTER



To Register, visit ymcafoxcities.org/register

Questions? Contact Casandra Stellmacher at 920.954.7633 or cstellmacher@ymcafoxcities.org