



***Looking for a way
to stay fit while
social distancing?***

OFFERING LIVE EXERCISE CLASSES VIA ZOOM

The classes are open to the Fond du Lac Community and Employees.

For Zoom class information, please email Katie Hughes at Kathleenhughes@fdlrez.com.

MONDAY

Yoga
12pm - 1pm

WEDNESDAY

Get Fit
12pm - 1pm

TUESDAY

PiYo
12pm - 1pm

THURSDAY

PiYo
12pm - 1pm