



WILLIAMS FAMILY YMCA
**Group Exercise Schedule
 for Active Older Adults**
 June 2024

All classes require
 reservation in the
 FCYMCA app.



ACTIVE OLDER ADULT SCHEDULE				
Monday	Tuesday	Wednesday	Thursday	Friday
Gentle Yoga 8:00-9:00am Studio A with Linda				
Beginner Cycle 9:15-9:45am Cycle Studio with Ashland				
Gentle Yoga 10:35-11:35am Studio A with Linda				Line Dancing 10:15-11am Gymnasium with Monica
SilverSneakers Circuit 12:00-12:45pm Studio A with Lynnell & Studio B with Janice	AOA Cardio Sculpt 12:15-1:00pm Studio A with Ann	AOA Cardio Sculpt 12:15-1:00pm Studio A with KC	AOA Cardio Sculpt 12:15-1:00pm Studio A with Ann	SilverSneakers Circuit 12:45-1:30pm Studio A with Judy
		Beginner Cycle 12:15-12:45pm Cycle Studio with Amy G		
SilverSneakers Yoga 1:00-1:45pm Studio A with Lynnell & Studio B with Janice	Better Balance 1:15-1:45pm Studio A with Janice		Better Balance 1:15-1:45pm Studio A with June	
	SilverSneakers Classic 2:00-2:45pm Studio A with Janice		SilverSneakers Classic 2:00-2:45pm Studio A with June	
Gentle Yoga 5:30-6:30pm Studio B with Linda				
		Urban Soul Line Dancing 7:45-8:45pm Studio A with Doug		

WILLIAMS FAMILY YMCA
 10415 San Jose Blvd.
 Jacksonville, FL 32257
 904.292.1660

HOURS OF OPERATION
 Monday – Thursday 5:00am – 9:00pm
 Friday 5:00am – 8:00pm
 Saturday 7:00am – 5:00pm
 Sunday 8:00am – 5:00pm