



WILLIAMS FAMILY YMCA  
**Group Exercise Schedule**  
**Active Older Adults**  
 September 2024

All classes require reservation in the FCYMCA app.



<b>ACTIVE OLDER ADULT SCHEDULE</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Aqua Fitness</b> 9:00-10:00AM Pool Alethea	<b>Aqua Fitness</b> 8:45-9:45AM Pool Emma	<b>Aqua Fitness</b> 9:00-10:00AM Pool Jenny	<b>Aqua Fitness</b> 8:45-9:45AM Pool Natalie	<b>Aqua Fitness</b> 9:00-10:00AM Pool Amy G.
<b>Gentle Yoga</b> 8:00-9:00am Studio A with Linda				
<b>Beginner Cycle</b> 9:15-9:45am Cycle Studio with Ashland				<b>Line Dancing</b> 10:15-11am Gymnasium Monica
<b>SilverSneakers Circuit</b> 12:00-12:45pm Studio A with Lynnell Studio B with Janice	<b>AOA Cardio Sculpt</b> 12:15-1:00pm Studio A with Ann	<b>AOA Cardio Sculpt</b> 12:15-1:00pm Studio A with KC	<b>AOA Cardio Sculpt</b> 12:15-1:00pm Studio A with Ann	<b>SilverSneakers Circuit</b> 12:45-1:30pm Studio A Jenny
		<b>Beginner Cycle</b> 12:15-12:45pm Cycle Studio with Amy G		
<b>SilverSneakers Yoga</b> 1:00-1:45pm Studio A with Lynnell Studio B with Janice	<b>Better Balance</b> 1:15-1:45pm Studio A with Janice		<b>Better Balance</b> 1:15-1:45pm Studio A with June	
	<b>SilverSneakers Classic</b> 2:00-2:45pm Studio A with Janice		<b>SilverSneakers Classic</b> 2:00-2:45pm Studio A with June	
<b>Gentle Yoga</b> 5:30-6:30pm Studio B with Linda				
		<b>Urban Soul Line Dancing</b> 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