



WILLIAMS FAMILY YMCA
Group Exercise Schedule
 September 2024

All classes require reservation in the FCYMCA app.



| GROUP EXERCISE STUDIO A | | | | | |
|---|--|---|--|--|--|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| TABATA 6:00 – 6:30am Caranne | | ALL OUT 6:35 – 7:05am Denise | MOBILITY TRAINING 6:00 – 6:30am Amy P. | ALL OUT 6:00 – 6:30am KC | |
| | | | ABS & ARMS 6:30 – 7:00am Amy P. | | |
| GENTLE YOGA 8:00 – 9:00am Linda | LES MILLS CORE 8:30 – 9:00am Sarah | | LES MILLS CORE 8:30 – 9:00am Sarah | | BODYPUMP 8:15– 9:15am Amy P. |
| BODYPUMP 9:15 – 10:15am Rita | YOGA 9:30 – 10:30am Yeganeh | BODYPUMP 9:15 – 10:15am Sarah | YOGA 9:30 – 10:30am Linda | BODYPUMP 9:15 – 10:15am Melba | YOGA 9:45 – 10:45am Tanya |
| | | BODYBALANCE 10:30 – 11:30am Missy | BODYJAM 10:35 – 11:35am Melba | YOGA 10:35 – 11:35am Ron | |
| | PILATES 11:00 – 11:45am Connie | | | | ZUMBA 11:15am – 12:15pm Heather |
| SILVERSNEAKERS CIRCUIT 12:00 – 12:45Pm Lynnell | AOA CARDIO SCULPT 12:15 – 1:00pm Ann | AOA CARDIO SCULPT 12:15 – 1:00pm KC | AOA CARDIO SCULPT 12:15 – 1:00pm Ann | SILVERSNEAKERS CIRCUIT 12:45-1:30pm Jenny | |
| SILVERSNEAKERS YOGA 1:00 – 1:45Pm Lynnell | BETTER BALANCE 1:15 – 1:45pm Janice | | BETTER BALANCE 1:15 – 1:45pm June | | |
| | SILVERSNEAKERS CLASSIC 2:00 – 2:45pm Janice | | SILVERSNEAKERS CLASSIC 2:00 – 2:45pm June | | |
| | BODYCOMBAT EXPRESS 5:30 – 6:15pm Kena | CARDIO STEP 5:30 – 6:15pm Melissa | | | |
| BODYPUMP 6:30 – 7:30pm Ann | ZUMBA 6:30 – 7:30Pm Victor | BODYPUMP 6:30 – 7:30pm Melissa | ZUMBA 6:30 – 7:30Pm Trina | | |
| | | URBAN SOUL LINE DANCING 7:45 – 8:45pm Doug | | | |
| GROUP EXERCISE STUDIO B | | | | | |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | | | MORNING STRETCH 8:30 – 9:00am KC | | |
| | | BARRE 9:15– 10:00am Ashland | | PILATES 9:00 – 9:45am Aggie | |
| | MORNING STRETCH 10:30 – 11:00am KC | | | BODYBALANCE 10:30 – 11:30am Melba | |
| SILVERSNEAKERS CIRCUIT 12:00 – 12:45Pm Janice | WOW 12:00 – 12:45pm KC | | | | |
| SILVERSNEAKERS YOGA 1:00 – 1:45Pm Janice | | | | | |
| GENTLE YOGA 5:30 – 6:30pm Linda | | | PILATES FUSION 5:30 – 6:30pm Mara | | |

MULTI-PURPOSE GYMNASIUM

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------------------------------------|--|----------|--|----------|
| POWER YOGA 9:15 - 10:00am Yeganeh | NEW U 9:30 - 10:15am KC | ALL OUT 9:15 - 10:00am KC | | TABATA & CORE 9:15 - 10:00am KC | |
| ZUMBA 10:15 - 11:15am Trina | | ZUMBA 10:15 - 11:15am Trina | | LINE DANCING 10:15-11:00am Monica | |

STUDIO O (OUTSIDE)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-------------------------------------|-----------|-------------------------------------|--------|----------|
| | WOW 12:00 - 12:45pm KC | | WOW 12:00 - 12:45pm KC | | |

CYCLE STUDIO

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|--|--|
| | | CYCLE EXPRESS 6:00 - 6:30am Denise | | | |
| CYCLE 8:15 - 9:00am Ashland | | CYCLE 8:15 - 9:00am Ashland | | CYCLE 8:15 - 9:00am Ashland | CYCLE 8:00 - 9:00am Christy |
| BEGINNER CYCLE 9:15 - 9:45am Ashland | CYCLE & TONE 9:15 - 10:15am Christy | CYCLE EXPRESS 12:15-12:45pm Amy G. | CYCLE 9:15 - 10:00am Ron | | CYCLE EXPRESS 9:30 - 10:00am Amy P. |
| CYCLE & TONE 5:30 - 6:30Pm Christy | CYCLE 6:15 - 7:00pm Denise | | CYCLE & TONE 6:15 - 7:15pm Christy | | |

AQUA FITNESS

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|---|----------|
| AQUA FITNESS 9:00 - 10:00am Alethea | AQUA FITNESS 8:45 - 9:45am Natalie | AQUA FITNESS 9:00 - 10:00am Jenny | AQUA FITNESS 8:45 - 9:45am Natalie | AQUA FITNESS 9:00 - 10:00am Amy G. | |

WELLNESS FLOOR

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---------|-----------|----------|--------|--|
| | | | | | ALL OUT 10:00 - 10:45am Staff |

WILLIAMS FAMILY YMCA

10415 San Jose Blvd.
Jacksonville, FL 32257
904.292.1660

KIDZONE HOURS

Monday - Thursday 8:00am - 1:00pm
4:00pm - 7:00pm
Friday 8:00am - 1:00pm
Saturday 8:00am - 1:00pm

HOURS OF OPERATION

Monday - Thursday 5:00am - 9:00pm
Friday 5:00am - 8:00pm
Saturday 7:00am - 5:00pm
Sunday 8:00am - 5:00pm