



WILLIAMS FAMILY YMCA
Group Exercise Schedule
Active Older Adults
 December 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			Morning Stretch 8:30-9:00am Studio B with KC	
Line Dancing 11:00 – 11:45am Studio A Rolline	Morning Stretch 10:30-11:00am Studio B with KC	Body Balance 10:30-11:30am Studio A with Missy		
SilverSneakers Circuit 12:00-12:45pm Studio A with Lynnell Studio B with Janice	Pilates 11:00-11:45am Studio A with Connie			Line Dancing 10:15-11am Gymnasium Monica
	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 Jenny
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	
Gentle Yoga 5:30-6:30pm Studio B with Linda	SilverSneakers Classic 2:00-2:45pm Studio A with Janice		SilverSneakers Classic 2:00-2:45pm Studio A with June	
		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