



WILLIAMS FAMILY YMCA
Group Exercise Schedule
 December 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	
LINE DANCING 11:00 – 11:45am Rolline	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		
		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		
		Power Flow 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 Flow 9:15 – 10:00am Ashland	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		

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