



Dye Clay FAMILY YMCA
Group Exercise Schedule
 February 2025

All classes require reservation in the FCYMCA app.



GROUP EXERCISE STUDIO A					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BODYPUMP 8:45-9:45am Melanie	HIIT 5:30 – 6:15 am Caranne		BODYPUMP EXPRESS 5:30-6:15am Caranne		
Yoga 10:30-11:30am Cindy	Yoga 8:45-9:45am Cindy	REFIT Cardio Dance 9:25-9:55am Erica	BODYPUMP 9:00-10:00am Andrea		BODYPUMP EXPRESS 9:00-9:45am Timothy
Silver Sneakers Circuit Rocio 11:15 -12:00 pm	Silver Sneakers Classic 10:15-11:00am Judy	Soul Body Barre Unhitched 10:00-10:45am Cynthia	Silver Sneakers Circuit 10:15-11:00am Janice	Silver Sneakers Circuit 10:15-11:15am Janice	BODYCOMBAT EXPRESS 10:00-10:45am Timothy
Chair Yoga 12:05 – 12:35 pm Rocio	Line Dancing 11:15am – 12:15pm Harold	Silver Sneakers Boom Move Judy 11:00-11:45 am	Chair Yoga 11:15am-12:00pm Janice		Zumba 11:00-12:00pm Wanda
Step `n Sculpt 4:15-5:00pm Cindy	Sou lBody Barre Unhitched 4:15-5:00pm Cynthia	HIIT 4:15-5:00pm Cindy	ReFit Cardio Dance 4:15-5:00pm Erica		
Yoga 5:15-6:00pm Catherine		Mat Science 5:00-5:45pm Cindy			
Zumba Toning 6:45-7:30pm Wanda		Zumba 6:45-7:30pm Wanda			
MULTI-PURPOSE STUDIO B					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Yoga 10:30-11:30am Kelley		Yoga 10:30-11:30am Kelley
CYCLE STUDIO					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Cycle 5:30 – 6:15am Caranne			
LES MILLS SPRINT 10:00-10:30am Melanie			Cycle 10:15-11:00 am Kristi		Cycle 8:30-9:30am Jolynn
LES MILLS SPRINT 6:30-7:00pm Caranne			LES MILLS SPRINT 6:30-7:00pm Caranne		

WELLNESS FLOOR (\$ = fee-based training classes)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
YFIT (\$) 9:00-9:30am David				YFIT (\$) 10:30-11:00am Michelle	

DYE CLAY FAMILY YMCA

3322 Moody Ave
 Orange Park, FL 32065
 904.272.4304

HOURS OF OPERATION

Monday – Thursday 5:00am – 8:00pm
 Friday 5:00am – 7:00pm
 Saturday 8:00am – 3:00pm

KIDZONE HOURS

Monday – Thursday 8:30am – 12:30pm
 4:00pm – 7:00pm
 Friday 8:30am – 12:30pm
 Saturday & Sunday 8:00am – 12:00pm

POOL HOURS

Mon-Friday 9:00am-7:30pm
 Friday 9:00am-6:30pm
 Saturday 9:00am-1:00pm