



Dye Clay FAMILY YMCA

Group Exercise Schedule

March 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 10:00-11:00am Catherine		REFIT Cardio Dance 9:25-9:55am Erica	BODYPUMP 9:00-10:00am Andrea		BODYPUMP EXPRESS 9:00-9:45am Timothy
Silver Sneakers Circuit 11:15 -12:00pm Rocio	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 – 12:50 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	Soul Body Barre Unhitched 4:15-5:00pm Cynthia	HIIT 4:15-5:00pm Cindy	ReFit Cardio Dance 4:15-5:00pm Erica		
		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 5:15–6:00 pm Catherine			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
	WOW (\$) 9:00-9:45am Michelle			WOW (\$) 9:00-9:45am 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