



BROWN FAMILY YMCA

Group Exercise Schedule

August 11 – August 17, 2025

All classes require reservation in the FCYMCA app.



Gymnasium						
Monday 8/11	Tuesday 8/12	Wednesday 8/13	Thursday 8/14	Friday 8/15	Saturday 8/16	Sunday 8/17
Cardio Sculpt 8:00-9:00am Felisa		Cardio Sculpt 8:00-9:00am Carol				
BODYCOMBAT EXPRESS 9:30-10:15am Jess	Total Conditioning 9:30-10:15am Ron		LES MILLS GRIT 9:20-9:50am Jess	BODYCOMBAT EXPRESS 9:30-10:15am Shelby		
		Soul Body Barre 10:15-11:15am Lili	Stretching 10:00-11:00am Felisa			
SilverSneakers Circuit 11:00am-11:45am Amy	SilverSneakers Circuit 11:00am-11:45am Stefanie		SilverSneakers Classic 11:00am-11:45pm Felisa			

Teen Center						
Monday 8/11	Tuesday 8/12	Wednesday 8/13	Thursday 8/14	Friday 8/15	Saturday 8/16	Sunday 8/17
Core Body Blast 8:00-9:00am Peggy	Zumba 8:15-9:00am Judi	Core Body Blast 8:00 – 9:00am Peggy	Zumba 8:15-9:00am Lili		Soul Body Barre 08:00-9:00am Amanda	
Multi-Level Yoga 9:15-10:15 am Didier	Cardio Sculpt 9:15-10:10am Felisa	BodyBalance 9:15-10:15am Laura	Pilates 9:15-10:15am Shawn	Gentle Yoga 9:15-10:15am Shawn	Multi-Level Yoga 9:15-10:15am Mary-Claire	
	Multi-Level Yoga 10:30-11:30am Didier	Total Body Strength 10:30-11:30am Judi	Multi-Level Yoga 10:30-11:30am Didier	BodyBalance 10:30-11:30am Felisa	BODYATTACK 10:30-11:30am Tracey	
						Total Conditioning 11:15am-12:15pm Cathy
		SilverSneakers Circuit 11:45am-12:30pm Suku	Balance Stability & Stretch 11:45-12:30pm Shawn	Chair Yoga 11:45am-12:45pm Shawn		
	Tai Chi 12:45-1:45pm Tess					
		BodyBalance 4:15-5:15pm Laura				
	BODYATTACK 5:30-6:30pm Tracey					
Zumba 6:00-7:00pm Micheline		Zumba 6:00-7:00pm Amy				

****Please check the FCYMCA app or visit <https://fcymca.org/schedules/> for the most up-to-date schedule**

****Advance registration is required. Please sign up through the app or website**

CYCLE STUDIO						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				Cycle 8:15 – 9:00am Tom		
Cycle 45 8:30 – 9:15am Elise	Cycle 45 8:30 – 9:15am Hope	Cycle 45 8:30 – 9:15am Scott	Cycle 45 8:30 – 9:15am Hope	Cycle 45 9:15 – 10:00am Jerri	Cycle 45 9:00 – 9:45am Elise	
						Cycle 45 11:30am – 12:15pm Scott

BROWN FAMILY YMCA
 170 Landrum Lane
 Ponte Vedra Beach, FL 32082
 904.543.9622

HOURS OF OPERATION
 Monday – Thursday 5:00am – 9:00pm
 Friday 5:00am – 8:00pm
 Saturday 7:00am – 5:00pm
 Sunday 11:00am – 5:00pm

KIDZONE HOURS
 Monday – Thursday 9:00am – 12:00pm
 4:30pm – 8:00pm
 Friday 9:00am – 12:00pm
 Saturday 7:45am – 11:45am