



# BROWN FAMILY YMCA

## Group Exercise Schedule

### September 1 – 7, 2025

All classes require  
reservation in the  
FCYMCA app.



Gymnasium						
Monday 9/1	Tuesday 9/2	Wednesday 9/3	Thursday 9/4	Friday 9/5	Saturday 9/6	Sunday 9/7
<b>Cardio Sculpt</b> 8:00-9:00am Felisa		<b>Cardio Sculpt</b> 8:00-9:00am Carol				
<b>SilverSneakers Circuit</b> 9:15-10:00am Felisa	<b>Total Conditioning</b> 9:30-10:15am Ron	<b>Les Mills CORE</b> 9:15am-10:00am Kim	<b>LES MILLS GRIT</b> 9:20-9:50am Jess	<b>BODYCOMBAT EXPRESS</b> 9:30-10:15am Shelby		
		<b>Soul Body Barre</b> 10:15-11:15am Lili	<b>Stretching</b> 10:00-11:00am Felisa			
					<b>BODYATTACK</b> 10:30-11:30am Tracey	
	<b>SilverSneakers Circuit</b> 11:00am-11:45am Stefanie		<b>SilverSneakers Classic</b> 11:00am-11:45pm Felisa			

Teen Center						
Monday 9/1	Tuesday 9/2	Wednesday 9/3	Thursday 9/4	Friday 9/5	Saturday 9/6	Sunday 9/7
<b>Core Body Blast</b> 8:00-9:00am Peggy	<b>Zumba</b> 8:15-9:00am Judi	<b>Core Body Blast</b> 8:00 – 9:00am Peggy	<b>Soul Body Barre</b> 8:00-9:00am Lili	<b>Cardio Sculpt</b> 8:00 – 9:00am Carol	<b>Soul Body Barre</b> 08:00-9:00am Lili	
<b>Multi-Level Yoga</b> 9:15-10:15 am Didier	<b>Cardio Sculpt</b> 9:15-10:10am Felisa	<b>BodyBalance</b> 9:15-10:15am Laura		<b>Multi-Level Yoga</b> 9:15-10:15am Emile	<b>Multi-Level Yoga</b> 9:15-10:15am Mary-Claire	
<b>Total Body Strength</b> 10:30-11:30am Judi	<b>Multi-Level Yoga</b> 10:30-11:30am Didier	<b>Total Body Strength</b> 10:30-11:30am Judi	<b>Multi-Level Yoga</b> 10:30-11:30am Didier	<b>BodyBalance</b> 10:30-11:30am Felisa		
						<b>LES MILLS CORE</b> 11:15am-12:00pm Tori
		<b>SilverSneakers Circuit</b> 11:45am-12:30pm Suku		<b>Chair Yoga</b> 11:45am-12:45pm Emile		
						<b>BodyBalance</b> 12:30-1:30pm Tracey
	<b>Tai Chi</b> 12:45-1:45pm Tess					
		<b>BodyBalance</b> 4:15-5:15pm Laura				
		<b>Zumba</b> 6:00-7:00pm Amy	<b>BODYCOMBAT EXPRESS</b> 5:30-6:15pm Amanda			

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

**\*\*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**

**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