



WILLIAMS FAMILY YMCA  
**Group Exercise Schedule**  
 September 2025

All classes require  
 reservation in the  
 FCYMCA app.



GROUP EXERCISE STUDIO A					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>TABATA</b> 6:00 – 6:30am Caranne		<b>ALL OUT</b> 6:35 – 7:05am Denise	<b>MOBILITY TRAINING</b> 6:00 – 6:30am Amy P.	<b>ALL OUT</b> 6:00 – 6:30am KC	
			<b>ABS &amp; ARMS</b> 6:30 – 7:00am Amy P.		
<b>GENTLE YOGA</b> 8:00 – 9:00am Staff	<b>LES MILLS CORE</b> 8:30 – 9:00am Sarah		<b>LES MILLS CORE</b> 8:30 – 9:00am Sarah		<b>BODYPUMP</b> 8:15– 9:15am Amy P.
<b>BODYPUMP</b> 9:15 – 10:15am Rita	<b>YOGA</b> 9:30 – 10:30am Yeganeh	<b>BODYPUMP</b> 9:15 – 10:15am Sarah	<b>BODYJAM</b> 9:15 – 10:15am Melba	<b>BODYPUMP</b> 9:15 – 10:15am Melba	<b>YOGA</b> 9:30 – 10:30am Tanya
		<b>BODYBALANCE</b> 10:30 – 11:30am Missy	<b>YOGA</b> 10:30 – 11:30am Ron	<b>BODYBALANCE</b> 10:30 – 11:30am Melba	
<b>LINE DANCING</b> 11:00 – 11:45am Rolline	<b>PILATES</b> 11:00 – 11:45am Connie				<b>ZUMBA</b> 11:00am – 12:00pm Heather
<b>SILVERSNEAKERS CIRCUIT</b> 12:00 – 12:45pm Janice	<b>AOA CARDIO SCULPT</b> 12:15 – 1:00pm Ann	<b>AOA CARDIO SCULPT</b> 12:15 – 1:00pm KC	<b>AOA CARDIO SCULPT</b> 12:15 – 1:00pm Ann	<b>SILVERSNEAKERS CIRCUIT</b> 12:00-12:45pm Staff	
<b>SILVERSNEAKERS YOGA</b> 1:00 – 1:45pm Janice	<b>BETTER BALANCE</b> 1:15 – 1:45pm Ann		<b>BETTER BALANCE</b> 1:15 – 1:45pm June		
	<b>SILVERSNEAKERS CLASSIC</b> 2:00 – 2:45pm Staff		<b>SILVERSNEAKERS CLASSIC</b> 2:00 – 2:45pm June		
		<b>CARDIO STEP</b> 5:30 – 6:15pm Melissa			
<b>BODYPUMP</b> 6:30 – 7:30pm Ann	<b>ZUMBA</b> 6:30 – 7:30pm Heather	<b>BODYPUMP</b> 6:30 – 7:30pm Ann	<b>ZUMBA</b> 6:30 – 7:30Pm Trina		
GROUP EXERCISE STUDIO B					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>MORNING STRETCH</b> 8:30 – 9:00am KC		
<b>SHAPES</b> 9:30– 10:15am Ashland		<b>SHAPES</b> 9:30– 10:15am Ashland		<b>PILATES</b> 9:00 – 9:45am Aggie	
	<b>MORNING STRETCH</b> 10:15 – 10:45am KC				
	<b>WOW</b> 12:00 – 12:45pm KC				
<b>Mobility/Stretch</b> 5:30 – 6:15pm Ron		<b>URBAN SOUL LINE DANCING</b> 6:00 – 7:00pm Doug	<b>PILATES FUSION</b> 5:30 – 6:30pm Mara		

MULTI-PURPOSE GYMNASIUM					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>NEW U</b> 9:15 – 10:00am KC	<b>ALL OUT</b> 9:15 – 10:00am KC		<b>TABATA &amp; CORE</b> 9:15 – 10:00am KC	
<b>ZUMBA</b> 10:15 – 11:15am Trina		<b>ZUMBA</b> 10:15 – 11:15am Trina		<b>LINE DANCING</b> 10:15-11:00am Monica	
AQUA					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AQUA FITNESS</b> 9:00-9:45am Alethea	<b>AQUA FITNESS</b> 9:00-10:00am Emma	<b>AQUA FITNESS</b> 9:00-10:00am Natalie	<b>AQUA FITNESS</b> 9:00-10:00am Natalie	<b>AQUA FITNESS</b> 9:00-10:00am Amy G.	
CYCLE STUDIO					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>CYCLE EXPRESS</b> 6:00 – 6:30am Denise			
<b>CYCLE</b> 8:15 – 9:00am Michelle		<b>CYCLE</b> 8:15 – 9:00am Amy P		<b>CYCLE</b> 8:15 – 9:00am Ashland	<b>CYCLE</b> 8:00 – 9:00am Christy
		<b>CYCLE EXPRESS</b> 10:30-11:00am Ashland			
<b>CYCLE EXPRESS</b> 10:30-11:00am Ashland	<b>CYCLE &amp; TONE</b> 9:15 – 10:15am Christy	<b>CYCLE EXPRESS</b> 12:15 -12:45pm Amy G.	<b>CYCLE</b> 9:15 – 10:00am Ron		<b>CYCLE EXPRESS</b> 9:30 – 10:00am Amy P.
<b>CYCLE &amp; TONE</b> 5:30 – 6:30Pm Christy	<b>CYCLE</b> 6:15 – 7:00pm Denise	<b>CYCLE</b> 5:30 – 6:15pm Janine	<b>CYCLE &amp; TONE</b> 6:15 – 7:15Pm Christy		
WELLNESS FLOOR					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>CYCLE &amp; TONE</b> 8:15 – 9:00am Sarah	<b>WOW</b> 12:00 – 12:45pm KC	<b>CYCLE &amp; TONE</b> 8:15 – 9:00am Missy	<b>ALL OUT</b> 10:00 – 10:45am Chris

**\*\*NAME/FORMAT/TIME CHANGE\*\***

**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