



BROWN FAMILY YMCA

Group Exercise Schedule

September 22 – 28, 2025

All classes require
reservation in the
FCYMCA app.



Gymnasium						
Monday 9/22	Tuesday 9/23	Wednesday 9/24	Thursday 9/25	Friday 9/26	Saturday 9/27	Sunday 9/28
Cardio Sculpt 8:00-9:00am Emile		Cardio Sculpt 8:00-9:00am Carol				
BODYCOMBAT EXPRESS 9:30-10:15am Jess	Total Conditioning 9:30-10:15am Ron	Les Mills CORE 9:15am-10:00am Kim	LES MILLS GRIT 9:20-9:50am Jess	BODYCOMBAT EXPRESS 9:30-10:15am Shelby		
		Soul Body Barre 10:15-11:15am Lili	Stretching 10:30-11:30am Emile			
AOA 11:00-11:45am Emile	SilverSneakers Circuit 11:00am-11:45am Stefanie					

Teen Center						
Monday 9/22	Tuesday 9/23	Wednesday 9/24	Thursday 9/25	Friday 9/26	Saturday 9/27	Sunday 9/28
Core Body Blast 8:00-9:00am Peggy	Zumba 8:15-9:00am Judi	Core Body Blast 8:00 – 9:00am Peggy	Soul Body Barre 8:00-9:00am Lili	Cardio Sculpt 8:00 – 9:00am Carol	Soul Body Barre 08:00-9:00am Lily	
Multi-Level Yoga 9:15-10:15 am Didier	Cardio Sculpt 9:15-10:10am Emile	Multi Level Yoga 9:15-10:15am Emile	Pilates 9:15-10:15am Emile	Multi-Level Yoga 9:15-10:15am Emile	Multi-Level Yoga 9:15-10:15am Mary-Claire	
Total Body Strength 10:30-11:30am Judi	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 11:30am-12:30pm Felisa
		SilverSneakers Circuit 11:45am-12:30pm Suku	AOA 11:45am-12:30pm Emile	Chair Yoga 11:45am-12:45pm Emile		
		BodyBalance 4:15-5:15pm Amy T.				
Zumba 6:15-7:15pm Micheline		Zumba 6:00-7:00pm Amy				

Please note: There are two classes highlighted in yellow of the time change and location.

****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 9/22	Tuesday 9/23	Wednesday 9/24	Thursday 9/25	Friday 9/26	Saturday 9/27	Sunday 9/28
				Cycle 8:15 – 9:00am Tom		
Cycle 45 8:30 – 9:15am Elise		Cycle 45 8:30 – 9:15am Scott	Cycle 45 8:30 – 9:15am Hope		Cycle 45 9:00 – 9:45am Elise	
						Cycle 45 11:30am – 12:15pm Scott

Aqua Fitness (Pool)						
Monday 9/22	Tuesday 9/23	Wednesday 9/24	Thursday 9/25	Friday 9/26	Saturday 9/27	Sunday 9/28
Aqua Fitness 9:00 –9:45am Kate	Aqua Fitness 9:00 –9:45am Stefanie	Aqua Fitness 9:00 –9:45am Amy	Aqua Fitness 9:00 –9:45am Julia	Aqua Fitness 9:00 –9:45am Amy		

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