



BROWN FAMILY YMCA

Group Exercise Schedule

September 15 – 21, 2025

All classes require
reservation in the
FCYMCA app.



Gymnasium						
Monday 9/15	Tuesday 9/16	Wednesday 9/17	Thursday 9/18	Friday 9/19	Saturday 9/20	Sunday 9/21
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 10:00-11:00am Shawn			
AOA 11:00-11:45am Emile	SilverSneakers Circuit 11:00am-11:45am Stefanie		AOA 11:00am-11:45pm Emile			

Teen Center						
Monday 9/15	Tuesday 9/16	Wednesday 9/17	Thursday 9/18	Friday 9/19	Saturday 9/20	Sunday 9/21
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	Circuit Power Training 8:00 – 9:00am Peggy	Soul Body Barre 08:00-9:00am Amanda	
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	Yogalates 10:30-11:30am Shawn	Total Conditioning 10:30-11:30am Tracey	
						Total Conditioning 11:15am-12:15pm Cathy
		SilverSneakers Circuit 11:45am-12:30pm Suku		Chair Yoga 11:45am-12:45pm Emile		
	Tai Chi 12:45-1:45pm Tess					
						BodyBalance 12:30pm-1:30pm Tracey
		BodyBalance 4:15-5:15pm Amy T.				
Zumba 6:15-7:15pm Micheline		Zumba 6:00-7:00pm Amy				

CYCLE STUDIO						
Monday 9/15	Tuesday 9/16	Wednesday 9/17	Thursday 9/18	Friday 9/19	Saturday 9/20	Sunday 9/21
				Cycle 8:15 – 9:00am Tom		
Cycle 45 8:30 – 9:15am Elise		Cycle 45 8:30 – 9:15am Elise	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 9/15	Tuesday 9/16	Wednesday 9/17	Thursday 9/18	Friday 9/19	Saturday 9/20	Sunday 9/21
Aqua Fitness 9:00 –9:45am Julia	Aqua Fitness 9:00 –9:45am Stefanie	Aqua Fitness 9:00 –9:45am Amy	Aqua Fitness 9:00 –9:45am Suzy	Aqua Fitness 9:00 –9:45am Suzy		

****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