



WILLIAMS FAMILY YMCA
Group Exercise Schedule
Active Older Adults
November 2025

All classes require
reservation in the
FCYMCA app.



ACTIVE OLDER ADULT SCHEDULE				
Monday	Tuesday	Wednesday	Thursday	Friday
Gentle Yoga 8:00-9:00am Studio A Linda		Gentle Yoga 8:00-9:00am Studio A Linda		
Line Dancing 11:00 – 11:45am Studio A Rolline				Line Dancing 10:15-11:00am Gymnasium Monica
SilverSneakers Circuit 12:00-12:45pm Studio A Janice	AOA Cardio Sculpt 12:15-1:00pm Studio A Ann	AOA Cardio Sculpt 12:15-1:00pm Studio A KC	AOA Cardio Sculpt 12:15-1:00pm Studio A Ann	SilverSneakers Circuit 12:00-12:45pm Studio A Melissa S.
SilverSneakers Circuit 12:00-12:45pm Studio B Rolline	Better Balance 1:15-1:45pm Studio A Ann		Better Balance 1:15-1:45pm Studio A June	
SilverSneakers Yoga 1:00-1:45pm Studio A Janice	SilverSneakers Classic 2:00-2:45pm Studio A Morgan		SilverSneakers Classic 2:00-2:45pm Studio A June	
Mobility and Flexibility 5:30-6:30pm Studio B Ron H				

WILLIAMS FAMILY YMCA
10415 San Jose Blvd.
Jacksonville, FL 32257
904.292.1660

HOURS OF OPERATION

Monday – Thursday 5:00am – 9:00pm
Friday 5:00am – 8:00pm
Saturday 7:00am – 5:00pm
Sunday 8:00am – 5:00pm