

BROWN FAMILY YMCA
Group Exercise Schedule
October 2025

All classes require reservation in the FCYMCA app.



GROUP EXERCISE STUDIO A/B						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Core Body Blast 8:00 – 9:00am Peggy	Zumba 8:15 – 9:00am Judi	Core Body Blast 8:00 – 9:00am Peggy	BODYPUMP EXPRESS 8:15 – 9:00am Kim	Circuit Power Training/LES MILLS CORE 8:00 – 9:00am/ 8:30-9:15am Peggy/Kim***		
BODYCOMBAT EXPRESS 9:30 – 10:20am Jess	Total Conditioning 9:30 – 10:15am Ron	LES MILLS CORE 9:30 – 10:15am Kim	LES MILLS GRIT 9:20 – 9:50am Jess	BODYCOMBAT EXPRESS 9:30 – 10:20am Shelby	BODYSTEP 9:15 – 10:15am Tracey	
			LES MILLS CORE 9:50– 10:25am Kim			
BODYPUMP 10:30 – 11:30am Judi	Stretching 10:30 – 11:30am Felisa	BODYPUMP 10:30 – 11:30am Judi	Stretching 10:30 – 11:30am Felisa	BODYPUMP 10:30 –11:30am Shelby	BODYPUMP 10:30 – 11:30am Tracey	
						BODYPUMP 11:15am–12:15pm Tori/Cathy
SilverSneakers 11:45am–12:30pm Amy			SilverSneakers Classic 11:45am-12:45pm Felisa			
	TaiChi 12:45 – 1:45pm Tess					
	BODYPUMP 5:30 – 6:30pm Tracey		BODYPUMP EXPRESS 5:30 – 6:15pm Amanda			
Zumba 6:15 – 7:15pm Micheline		Zumba 6:00 – 7:00pm Amy				
SPIRIT MIND AND BODY STUDIO C						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Sculpt 8:00 – 8:55am Felisa	Multi-level Yoga 8:00 – 8:45am Didier	Cardio Sculpt 8:00 – 8:55am Carol	SoulBody Barre Unhitched 8:00 – 9:00am Felisa	Cardio Sculpt 8:00 – 9:00am Carol	SoulBody Barre Unhitched 8:00 – 9:00am Amanda/Lili	
Multi-level Yoga 9:15 – 10:15am Didier	Cardio Sculpt 9:15 – 10:10am Felisa	BODYBALANCE 9:15 – 10:15am Laura	Pilates 9:15 – 10:15am Emile	Gentle Yoga 9:15 – 10:15am Emile	Vinyasa Yoga 9:15 – 10:15am Mary-Claire	
SoulBody Barre Unhitched 10:30 – 11:30am Felisa	Gentle Yoga 10:30 – 11:30am Didier	SoulBody Barre 10:30 – 11:30am Lili	Gentle Yoga 10:30 – 11:30am Didier	BODYBALANCE 10:30 – 11:30am Felisa		
						BODYBALANCE 11:30am–12:30pm Felisa/Tracey
	SilverSneakers Circuit 11:45am–12:30pm Stefanie	SilverSneakers Circuit 11:45am–12:30pm Suku	Balance, Stability & Stretch 11:45 –12:45pm Emile	Chair Yoga 11:45am–12:45pm Emile		
		BODYBALANCE 4:15 – 5:15pm Laura				
		Multi-level Yoga 6:30 – 7:30pm Didier				

***Rotates every other week from Circuit Power Training to Les Mills Core

CYCLE STUDIO						
Monday 10/13	Tuesday 10/14	Wednesday 10/15	Thursday	Friday	Saturday	Sunday
Cycle 45 8:30 – 9:15am Elise	Cycle 45 8:30 – 9:15am Bob	Cycle 45 8:30 – 9:15am Scott				
AQUA FITNESS (POOL)						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Aqua Fitness 9:00 – 9:45am Staff	Aqua Fitness 9:00 – 9:45am Staff	Aqua Fitness 9:00 – 9:45am Staff	Aqua Fitness 9:00 – 9:45am Staff	Aqua Fitness 9:00 – 9:45am Staff		

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