



WILLIAMS FAMILY YMCA
Group Exercise Schedule
 November 2025

All classes require
 reservation in the
 FCYMCA app.



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

MULTI-PURPOSE GYMNASIUM					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	NEW U 9:15 – 10:00am KC	ALL OUT 9:15 – 10:00am KC		TABATA & CORE 9:15 – 10:00am KC	
ZUMBA 10:15 – 11:15am Trina		ZUMBA 10:15 – 11:15am Trina		LINE DANCING 10:15-11:00am Monica	
CYCLE STUDIO					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	CYCLE 6:00 – 6:45am Amy P.	CYCLE EXPRESS 6:00 – 6:30am Denise			
CYCLE 8:15 – 9:00am Michelle		CYCLE 8:15 – 9:00am Amy P		CYCLE 8:15 – 9:00am Ashland	CYCLE 8:00 – 9:00am Christy
		CYCLE EXPRESS 10:30-11:00am Ashland			
CYCLE EXPRESS 10:30-11:00am Ashland	CYCLE & TONE 9:15 – 10:15am Christy	CYCLE EXPRESS 12:15 -12:45pm Amy G.	CYCLE 9:15 – 10:00am Ron		CYCLE EXPRESS 9:30 – 10:00am Amy P.
CYCLE & TONE 5:30 – 6:30Pm Christy	CYCLE 6:15 – 7:00pm Denise		CYCLE & TONE 6:15 – 7:15Pm Christy		
WELLNESS FLOOR					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				CYCLE & TONE 8:15 – 9:00am Missy	ALL OUT 10:00 – 10:45am Chris
STUDIO O					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	W.O.W 12:00 – 12:45pm KC		W.O.W 12:00 – 12:45pm KC		

****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