



WILLIAMS FAMILY YMCA  
**Group Exercise Schedule**  
October 2025

All classes require  
reservation in the  
FCYMCA app.



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

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

**\*\*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 |