



WILLIAMS FAMILY YMCA  
**Group Exercise Schedule**  
**Active Older Adults**  
January 2026

All classes require  
reservation in the  
FCYMA app.



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