

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 8:00-9:00am Peggy							
			LES MILLS GRIT 9:20 - 9:50am Jess		BODYSTEP 9:15 - 10:15am Tracey						
BODYCOMBAT EXPRESS 9:30 - 10:20am Jess	Total Conditioning 9:30 – 10:15am Ron	LES MILLS CORE 9:30 - 10:15am Kim		BODYCOMBAT EXPRESS 9:30 - 10:20am Shelby							
			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 Classic 11:45am-12:45pm Felisa								
	BODYPUMP 5:30 – 6:30pm Tracey		BODYPUMP EXPRESS 5:45 – 6:30pm Amanda								
Zumba 6:00 – 7:00pm Micheline		Zumba 6:00 – 7:00pm Amy									
		SPIRI	T MIND AND BODY ST	TUDIO 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 Nancy	Multi-Level 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	Zumba 10:30 – 11:30am Heidi						
						BODYBALANCE 11:30am-12:30pm Felisa/Tracey					
SilverSneakers 11:45am-12:30pm Amy	SilverSneakers Circuit 11:45am-12:30pm Stefanie TaiChi	SilverSneakers Circuit 11:45am-12:30pm Suku		Chair Yoga 11:45am-12:45pm Emile							
	12:35 – 1:35pm Tess	BODYBALANCE									
	SoulBody Barre	4:15 – 5:15pm Laura									
	Unhitched 5:00 - 6:00pm Ellen										
		Multi-level Yoga 6:30 – 7:30pm Didier									

AQUA FITNESS (POOL)									
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
Aqua Fitness 9:00 –9:45am Staff	Aqua Fitness 9:00 – 9:45am Staff								

*Changes highlighted in yellow

BROWN FAMILY YMCA

170 Landrum Lane Ponte Vedra Beach, FL 32082 904.543.9622

HOURS OF OPERATION

Monday - Friday 6:30am - 8:00pm Saturday 7:00am - 5:00pm Sunday 11:00am - 5:00pm