



BAKER COUNTY YMCA

## Group Exercise Schedule

February 2026

All classes require  
reservation in the  
FCYMCA app.



KELLER SCHOOL GYMNASIUM					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Total Conditioning</b> 10:00-10:45am Alethea		<b>Total Conditioning</b> 10:00-10:45am Alethea		
	<b>Silver Sneakers Classic</b> 11:00-11:55am Alethea		<b>Silver Sneakers Circuit</b> 11:00-11:55am Alethea		
			<b>Balance, Stability, Stretch</b> 12:00-12:30pm Alethea		
		<b>Zumba</b> 6:15-7:15pm Kristina			
BAKER YMCA FIELD					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Walk with Ease*</b> 8:30am-9:30am Alethea		<b>Walk with Ease*</b> 8:30am-9:30am Alethea		<b>Walk with Ease*</b> 8:30-9:30am Alethea
BAKER YMCA AQUA FITNESS					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WELLNESS FLOOR (\$ = fee-based training classes)					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

\*Indicates Healthy Living program- participant must register through  
[myhealth@fcymca.org](mailto:myhealth@fcymca.org)