



BAKER COUNTY YMCA
Group Exercise Schedule
February 2026

All classes require
reservation in the
FCYMA app.



KELLER SCHOOL GYMNASIUM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Total Conditioning 10:00-10:45am Alethea		Total Conditioning 10:00-10:45am Alethea		
	Silver Sneakers Classic 11:00-11:55am Alethea		Silver Sneakers Circuit 11:00-11:55am Alethea		
			Balance, Stability, Stretch 12:00-12:30pm Alethea		
		Zumba 6:15-7:15pm Kristina			

BAKER YMCA FIELD

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Walk with Ease* 8:30am-9:30am Alethea		Walk with Ease* 8:30am-9:30am Alethea		Walk with Ease* 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