



WILLIAMS FAMILY YMCA  
**Group Exercise Schedule**  
January 2026

All classes require  
reservation in the  
FCYMA app.



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

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

**\*\*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