



**BROWN FAMILY YMCA**  
**Group Exercise Schedule**  
**March 2026**

All classes require reservation in the FCYMCA app.



GROUP EXERCISE STUDIO A/B						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<b>LES MILLS GRIT</b> 6:00 – 6:30am Kim				
<b>Core Body Blast</b> 8:00 – 9:00am Peggy	<b>Zumba</b> 8:15 – 9:00am Judi	<b>Core Body Blast</b> 8:00 – 9:00am Peggy	<b>Total Conditioning</b> 8:30 – 9:15am Danielle	<b>Circuit Power Training</b> 8:00-9:00am Peggy		
					<b>BODYSTEP</b> 9:15 – 10:15am Tracey	
<b>BODYCOMBAT EXPRESS</b> 9:30 – 10:20am Jess	<b>Total Conditioning</b> 9:30 – 10:15am Ron	<b>LES MILLS CORE</b> 9:30 – 10:15am Kim	<b>LES MILLS GRIT</b> 9:30 – 10:15am Jess	<b>BODYCOMBAT EXPRESS</b> 9:30 – 10:20am Shelby		
<b>BODYPUMP</b> 10:30 – 11:30am Judi	<b>Stretching</b> 10:30 – 11:30am Felisa	<b>BODYPUMP</b> 10:30 – 11:30am Judi	<b>Stretching</b> 10:30 – 11:30am Felisa	<b>BODYPUMP</b> 10:30 – 11:30am Shelby	<b>BODYPUMP</b> 10:30 – 11:30am Tracey	
						<b>BODYPUMP</b> 11:15am-12:15pm Tori/Cathy
			<b>SilverSneakers Classic</b> 11:45am-12:45pm Felisa			
	<b>BODYPUMP</b> 5:30 – 6:30pm Tracey		<b>BODYPUMP EXPRESS</b> 5:45 – 6:30pm Amanda			
<b>Zumba</b> 6:00 – 7:00pm Heather		<b>Zumba</b> 6:00 – 7:00pm Amy				
SPIRIT MIND AND BODY STUDIO C						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cardio Sculpt</b> 8:00 – 8:55am Felisa	<b>Multi-level Yoga</b> 8:00 – 8:45am Didier	<b>Cardio Sculpt</b> 8:00 – 8:55am Carol	<b>SoulBody Barre Unhitched</b> 8:00 – 9:00am Felisa	<b>Cardio Sculpt</b> 8:00 – 9:00am Carol	<b>SoulBody Barre Unhitched</b> 8:00 – 9:00am Amanda/Lili	
<b>Multi-level Yoga</b> 9:15 – 10:15am Didier	<b>Cardio Sculpt</b> 9:15 – 10:10am Felisa	<b>BODYBALANCE</b> 9:15 – 10:15am Laura	<b>Pilates</b> 9:15 – 10:15am Emile	<b>Multi-Level Yoga</b> 9:15 – 10:15am Emile	<b>Vinyasa Yoga</b> 9:15 – 10:15am Mary-Claire	
<b>SoulBody Barre Unhitched</b> 10:30 – 11:30am Felisa	<b>Gentle Yoga</b> 10:30 – 11:30am Didier	<b>SoulBody Barre</b> 10:30 – 11:30am Lili	<b>Gentle Yoga</b> 10:30 – 11:30am Didier	<b>BODYBALANCE</b> 10:30 – 11:30am Felisa	<b>Zumba</b> 10:30 – 11:30am Heidi	
						<b>BODYBALANCE</b> 11:30am-12:30pm Felisa/Tracey
<b>SilverSneakers</b> 11:45am-12:30pm Colleen	<b>SilverSneakers Circuit</b> 11:45am-12:30pm Stefanie	<b>SilverSneakers Circuit</b> 11:45am-12:30pm Colleen		<b>Chair Yoga</b> 11:45am-12:45pm Emile		
	<b>TaiChi</b> 12:35 – 1:35pm Tess					
		<b>BODYBALANCE</b> 4:15 – 5:15pm Laura				
	<b>SoulBody Barre Unhitched</b> 5:00 – 6:00pm Ellen					
		<b>Multi-level Yoga</b> 6:30 – 7:30pm Didier				

## AQUA FITNESS (POOL)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Aqua Fitness</b> 9:00 – 9:45am Staff						

## CYCLE STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>RPM</b> 6:00am – 6:45am Shelby					
				<b>Cycle</b> 8:15 – 9:00am Tom		
	<b>Cycle 45</b> 8:30 – 9:15am Bob	<b>Cycle 45</b> 8:30 – 9:15am Scott				
<b>Cycle 45</b> 9:00 – 9:45am Elise					<b>Cycle 45</b> 9:00 – 9:45am Elise	
			<b>Cycle 45</b> 9:15 – 10:00am Jerri			
						<b>Cycle 45</b> 11:30am – 12:15pm Scott
	<b>LES MILLS SPRINT</b> 10:30 – 11:00am Cathy					
	<b>Cycle 45</b> 5:30 – 6:15pm Hope					

**\*Changes highlighted in yellow**

### BROWN FAMILY

170 Landrum Lane  
Ponte Vedra Beach, FL 32082  
904.543.9622

### YMCA HOURS OF OPERATION

Monday – Thursday 5:00am – 9:00pm  
Friday 5:00am – 8:00pm  
Saturday 7:00am – 5:00pm  
Sunday 11:00am – 5:00pm

### KIDZONE HOURS

Monday – Thursday 9:00am – 12:00pm  
4:30pm – 8:00pm  
Friday 9:00am – 12:00pm  
Saturday 7:45am – 11:45am