



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

All classes require reservation in the FCYMCA app.



GROUP EXERCISE STUDIO A						
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>Kickboxing</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 Circuit</b> 11:45am-12:30pm Colleen			<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> 6:05 – 7:05pm Michelle		<b>Zumba</b> 6:00 – 7:00pm Amy				
SPIRIT MIND AND BODY STUDIO						
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 Circuit</b> 11:45am-12:30pm Stefanie	<b>SilverSneakers Circuit</b> 11:45am-12:30pm Suku		<b>Chair Yoga</b> 11:45am-12:45pm Emile		
	<b>TaiChi</b> 12:35 – 1:35pm Tess					
		<b>BODYBALANCE</b> 4:30 – 5:30pm Laura				
	<b>SoulBody Barre Unhitched</b> 5:00 – 6:00pm Ellen					
	<b>Zumba Toning</b> 6:30 – 7:30pm Heather	<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	<b>Aqua Fitness</b> 9:00 – 9:45am Staff	<b>Aqua Fitness</b> 9:00 – 9:45am Staff	<b>Aqua Fitness</b> 9:00 – 9:45am Staff	<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 45</b> 8:30 – 9:15am Bob	<b>Cycle 45</b> 8:30 – 9:15am Scott		<b>Cycle 45</b> 8:30 – 9:15am Bob		
<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>LES MILLS SPRINT</b> 10:30 – 11:00am Cathy					
						<b>Cycle 45</b> 11:30am – 12:15pm Scott
	<b>Cycle 45</b> 5:30 – 6:15pm Hope					

**\*Changes highlighted in yellow**

**\*\*Cancelled highlighted in red**

### 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