




BAKER COUNTY YMCA
Group Exercise Schedule
 APRIL 2026

All classes require reservation in the FCYMCA 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		
Kickboxing 6:00-6:50pm Kristina		Zumba 6:15-7:15pm Kristina			
Core 7:00-7:30pm Alethea		Core 7:15-7:45pm Alethea			
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