

BROWN FAMILY YMCA
Group Exercise Schedule
July 2026

All classes require reservation in the FCYMCA app.



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

AQUA FITNESS (POOL)

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

CYCLE STUDIO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Cycle 45 8:30 – 9:15am Scott		Cycle 45 8:30 – 9:15am Bob		
Cycle 45 9:00 – 9:45am Elise					Cycle 45 9:00 – 9:45am Elise	
	LES MILLS SPRINT 10:30 – 11:00am Cathy					
						Cycle 45 11:30am – 12:15pm Scott

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