



BAKER COUNTY YMCA
Group Exercise Schedule
SEPTEMBER 2026

All classes require
reservation in the
FCYMCA app.



KELLER SCHOOL GYMNASIUM					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Silver Sneakers Classic 8:30am-9:30am Judy		Silver Sneakers Classic 8:30am-9:15am Judy		
Kickboxing 6:00PM-6:50PM Kristina *Cafeteria		Zumba 6:15PM-7:15PM Kristina *Cafeteria			
BAKER YMCA FIELD					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BAKER YMCA AQUA FITNESS					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Aqua Fitness 10:15AM-11:15AM Lucia
	Aqua Fitness 6:00PM-7:00PM Lucia		Aqua Fitness 6:00PM-7:00PM Lucia		
WELLNESS FLOOR (\$ = fee-based training classes)					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

POOL CLOSES LABOR DAY SEPTEMBER 7TH (AQUA CLASSES WILL STOP SEPTEMBER 7TH)

*Indicates Healthy Living program- participant must register through

myhealth@fcymca.org