



WILLIAMS FAMILY YMCA

Group Training Schedule

October 2026

All classes require
reservation in the
FCYMCA app.



GROUP EXERCISE STUDIO A					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TABATA 6:00 – 6:30am Caranne		ALL OUT 6:35 – 7:05am Denise	MOBILITY TRAINING 6:00 – 6:30am Amy P.	ALL OUT 6:00 – 6:30am KC	
			ABS & ARMS 6:30 – 7:00am Amy P.		
	LES MILLS CORE 8:30 – 9:00am Sarah		LES MILLS CORE 8:30 – 9:00am Sarah		BODYPUMP 8:15– 9:15am Amy P.
BODYPUMP 9:15 – 10:15am Amy P.	GENTLE YOGA 9:30 – 10:30am Yeganeh	BODYPUMP 9:15 – 10:15am Sarah	BODYJAM 9:15 – 10:15am Melba	BODYPUMP 9:15 – 10:15am Melba	VINYASA YOGA 9:30 – 10:30am Gabie
VINYASA YOGA 10:30 – 11:20am Ron		BODYBALANCE 10:30 – 11:30am Missy	VINYASA YOGA 10:30 – 11:30am Ron	BODYBALANCE 10:30 – 11:30am Melba	
	PILATES 11:00 – 11:45am Connie				ZUMBA 11:00am–12:00pm Heather
SILVERSNEAKERS CIRCUIT 11:45 – 12:30pm Rolline	AOA CARDIO SCULPT 12:00 – 12:45pm Ann	AOA CARDIO SCULPT 12:00 – 12:45pm KC	AOA CARDIO SCULPT 12:00 – 12:45pm Melissa O.	SILVERSNEAKERS CIRCUIT 12:00–12:45pm Melissa S.	
SILVERSNEAKERS YOGA 1:00 – 1:45pm Janice	BETTER BALANCE 1:00 – 1:30pm Ann	SILVERSNEAKERS BOOM MOVE 1:00 – 1:45pm Morgan	BETTER BALANCE 1:00 – 1:30pm June	SILVERSNEAKERS BOOM MOVE 1:00 – 1:45pm Morgan	
	SILVERSNEAKERS CLASSIC 1:45 – 2:30pm Morgan		SILVERSNEAKERS CLASSIC 1:45 – 2:30pm June		
MOBILITY/STRETCH 5:15 – 6:00pm Ron	LES MILLS SHAPES™ 5:30–6:10pm Caranne	CARDIO STEP 5:30 – 6:15pm Melissa O.			
BODYPUMP 6:30 – 7:30pm Ann	ZUMBA 6:30 – 7:30pm Heather	BODYPUMP 6:30 – 7:30pm Ann	ZUMBA 6:30 – 7:30pm Trina		
GROUP EXERCISE STUDIO B					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GENTLE YOGA 8:00 – 9:00am Linda S.		GENTLE YOGA 8:00 – 9:00am Linda S.	MORNING STRETCH 8:30 – 9:00am KC		
LES MILLS SHAPES™ 9:15– 10:00am Jess	MORNING STRETCH 10:15 – 10:45am KC	LES MILLS SHAPES™ 9:15– 10:00am Jess		PILATES 9:00 – 9:45am Aggie	
SILVERSNEAKERS CIRCUIT 12:00 – 12:45pm Janice	W.O.W 12:00 – 12:45pm KC				
		URBAN SOUL LINE DANCING 6:00 – 7:00pm Doug	PILATES BARRE FUSION 5:30 – 6:30pm Mara		

MULTI-PURPOSE GYMNASIUM					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ZUMBA 9:30 – 10:30am Trina	NEW U 9:15 – 10:00am KC	ALL OUT 9:15 – 10:00am KC		TABATA & CORE 9:15 – 10:00am KC	
LINE DANCING 10:45 – 11:30am Rolline		ZUMBA 10:15 – 11:15am Trina		LINE DANCING 10:15-11:15am Robbin	
CYCLE STUDIO					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	CYCLE 6:00 – 6:45am Amy P.	CYCLE EXPRESS 6:00 – 6:30am Denise			
CYCLE 8:15 – 9:00am Mombo		CYCLE 8:15 – 9:00am Amy P		CYCLE 8:15 – 9:00am Michelle	CYCLE 8:00 – 9:00am Christy
CYCLE EXPRESS 10:30-11:00am Amy P.	CYCLE & TONE 9:15 – 10:15am Christy		CYCLE 9:15 – 10:00am Ron	CYCLE EXPRESS 10:30-11:00am April	CYCLE EXPRESS 9:30 – 10:00am Amy P.
CYCLE & TONE 5:30 – 6:30pm Christy	CYCLE 6:15 – 7:00pm Denise		CYCLE & TONE 6:15 – 7:15pm Christy		
WELLNESS FLOOR					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			W.O.W 12:00 – 12:45pm KC	CYCLE & TONE 8:15 – 9:00am Missy	

****NAME/FORMAT/TIME CHANGE****

WILLIAMS FAMILY YMCA

10415 San Jose Blvd.
Jacksonville, FL 32257
904.292.1660

HOURS OF OPERATION

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

KIDZONE HOURS

Monday – Thursday 8:00am – 1:00pm
4:00pm – 7:30pm
Friday 8:00am – 1:00pm
Saturday 8:00am – 1:00pm



Access information on GX
classes, GX guidelines and virtual classes
by clicking on the QR code