BROWN FAMILY YMCA
Group Exercise Schedule
November 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 11:30am–12:30pm 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			
Kickboxing 6:00pm – 6:45pm Danielle		**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	**Vinyasa 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	
Vinyasa Yoga 9:15 – 10:15am Didier	**Cardio Sculpt** 9:15 – 10:10am Felisa	**Kickboxing** 9:15 – 10:00am Danielle	**BODYBALANCE** 9:15 – 10:15am Felisa	**Power 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	**Pilates** 10:30 – 11:30am Emile	**Zumba** 10:30 – 11:30am Heidi	
						BODYBALANCE 11:30am–12:30pm Felisa/Tracey
	Silver Sneakers Circuit 11:45am–12:30pm Colleen			**Chair Yoga** 11:45am–12:45pm Emile		
	TaiChi 12:35 – 1:35pm Tess					
	SoulBody Barre 5:15– 6:15pm Ellen					
	Zumba Toning 6:30 – 7:30pm Heather					

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 8:30 – 9:15am Scott		**Cycle** 8:30 – 9:15am Bob		
Cycle 9:00 – 9:45am Elise					**Cycle** 9:00 – 9:45am Elise	
	LES MILLS SPRINT 10:30 – 11:00am Cathy					
						Cycle 11:30am – 12:15pm Scott
	Cycle 5:30 – 6:15pm Hope		**Cycle** 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
Monday – Thursday	4:30pm – 8:00pm
Friday	9:00am – 12:00pm
Saturday	7:45am – 11:45am