



# LAKE HIGHLANDS YMCA SCHEDULE

## GX STUDIO 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM	CARDIO STRENGTH INTERVALS Darryl		CARDIO STRENGTH INTERVALS Darryl		CARDIO STRENGTH INTERVALS Darryl	
8:00AM						CARDIO STRENGTH BODYPUMP Brenda
8:30AM	CARDIO STRENGTH INTERVALS Ashley		CARDIO STRENGTH INTERVALS Ashley	CARDIO STRENGTH BODYPUMP Ale	HIIT Codi	
9:00AM						CARDIO STRENGTH BODYCOMBAT Nina
9:30AM	HIIT Melody	PILATES Fusion Cara	Nia Juile		CARDIO STRENGTH BODYCOMBAT Brenda	
10:00AM				ZUMBA Nichole		ZUMBA Angeline
10:30AM	CARDIO STRENGTH BODYPUMP Cher	CARDIO STRENGTH BODYPUMP Ale	CARDIO STRENGTH BODYPUMP Cher		CARDIO STRENGTH BODYPUMP Cher	
3:45PM	Tai Chi Carole			Tai Chi Carole		
5:30PM	HIIT Theresa	CARDIO STRENGTH BODYPUMP Robbie	CARDIO STRENGTH BODYCOMBAT Dana	CARDIO STRENGTH BODYPUMP Auset		
6:30PM	ZUMBA AJ	ZUMBA Nichole	HIIT Austin	ZUMBA Angeline	ZUMBA Violet	

## GX STUDIO 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30AM	PILATES Cara	ZUMBA AJ		YOGA Gentle Lily		
8:15AM					CARDIO STRENGTH BODYCOMBAT Brenda	
9:00AM						Nia Lara
9:30AM	AOA Low Impact Theresa	KID FIT Melody	Barre Courtneye	PILATES Fusion Melody	SCULPT & CORE Cara	
10:00AM						YOGA FLOW Karen
10:30AM	STRETCH Melody	STRETCH Melody		STRETCH Melody	STRETCH Cara	
11:00AM	YOGA Gentle Theresa	YOGA Ashley	YOGA Gentle Ashley	YOGA Ashley	YOGA Ashley	
5:30PM	KIDS FIT AJ	YOGA Audry		YOGA Audry		
6:00PM			YOGA FLOW Jennifer			
6:30PM	PIYO Elizabeth	CORE Carey		PILATES Fusion Auset		
Sunday 1:30PM	YOGA with Tom on SUNDAYS					

QUESTIONS? Contact GX Director, Robbie Evans: [revans@ymcadallas.org](mailto:revans@ymcadallas.org)



# LAKE HIGHLANDS YMCA SCHEDULE

## CYCLE STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00AM		<i>cycle</i> Deb		<i>cycle</i> Kari		
8:30AM		<i>cycle</i> Codi				
9:30AM	<i>cycle</i> Codi	SPIN & SCULPT Codi	<i>cycle</i> Codi	SPIN & SCULPT Codi	<i>cycle</i> Codi	<i>cycle</i> Melody
10:30AM		YOGA <i>Chair</i> Carol		YOGA <i>Chair</i> Carol		
5:30PM	<i>cycle</i> Staff	<i>cycle</i> Carey	<i>cycle</i> Kari	<i>cycle</i> Carey		
Sunday 2:30PM	<i>cycle</i> on SUNDAYS					

## INDOOR POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM	AQUA <small>SHALLOW</small> Chetlee	AQUA <small>DEEP</small> Theresa	AQUA <small>SHALLOW</small> Joy	AQUA <small>DEEP</small> Theresa	AQUA <small>FITNESS</small> Theresa	AQUA <small>FITNESS</small> Jessa
8:45AM	AQUA <small>FITNESS</small> Melody	AQUA <small>SHALLOW</small> Theresa	AQUA <small>SHALLOW</small> Arlene	AQUA <small>SHALLOW</small> Arlene	AQUA <small>SHALLOW</small> Arlene	

## GYM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30AM		AOA <i>Chair</i> Carol		AOA <i>Chair</i> Carol		

QUESTIONS? Contact GX Director, Robbie Evans: [revans@ymcadallas.org](mailto:revans@ymcadallas.org)

Effective 6/1/25



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