



LAKE HIGHLANDS YMCA GROUP EXERCISE 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						LES MILLS BODYPUMP Brenda
8:30AM	CARDIO STRENGTH INTERVALS Ashley		CARDIO STRENGTH INTERVALS Ashley	LES MILLS BODYPUMP Ale	HIIT Codi	
9:00AM						LES MILLS BODYCOMBAT Nina
9:30AM	HIIT Melody	PILATES Cara	Nia Juile		LES MILLS BODYCOMBAT Brenda	
10:00AM				ZUMBA Nichole		ZUMBA Angeline
10:30AM	LES MILLS BODYPUMP Cher	LES MILLS BODYPUMP Ale	LES MILLS BODYPUMP Cher		LES MILLS BODYPUMP Cher	
3:45PM	Tai Chi Carole			Tai Chi Carole		
5:30PM	HIIT Theresa	LES MILLS BODYPUMP Robbie	LES MILLS BODYCOMBAT Dana	LES MILLS BODYPUMP Auset		
6:30PM	ZUMBA AJ	ZUMBA Nichole	HIIT Austin	ZUMBA Angeline	ZUMBA Violet	
Sunday 3:00PM	LES MILLS BODYPUMP					

GX STUDIO 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15AM					LES MILLS BODYCOMBAT Brenda	
8:30AM	PILATES Cara	ZUMBA AJ		YOGA Gentle Lily		
9:00AM						Nia Lara
9:30AM	AOA Theresa	CORE Melody	Barre Courtneye	PILATES 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 Auset		
Sunday 1:30PM	YOGA with Tom					

QUESTIONS? Contact GX Director, Robbie Evans: revans@ymcadallas.org

Class descriptions are available at the front desk

Effective 8/12/25



LAKE HIGHLANDS YMCA GROUP EXERCISE SCHEDULE

CYCLE STUDIO

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

INDOOR POOL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM	AQUA SHALLOW Chetlee	AQUA DEEP Theresa	AQUA SHALLOW Joy	AQUA DEEP Theresa	AQUA FITNESS Theresa	AQUA FITNESS Jessa
8:45AM	AQUA FITNESS Melody	AQUA SHALLOW Theresa	AQUA SHALLOW Arlene	AQUA SHALLOW Arlene	AQUA SHALLOW Arlene	
Sunday 1:15PM	AQUA FITNESS					

GYM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30AM		AOA Chair Carol		AOA Chair Carol		

QUESTIONS? Contact GX Director, Robbie Evans: revans@ymcadallas.org

Class descriptions are available at the front desk

Effective 8/12/25



DOWNLOAD MINDBODY APP



MINDBODY: Fitness & Wellness

Find classes & appointments

MINDBODY Inc.

Free

1. Go to your APP store
2. Download and create a profile with your email
3. Search for **YMCA of Metropolitan Dallas**, then sort by **BUSINESSES** and Select the **Lake Highlands Family YMCA**.
4. Book classes up to 3 days in advance.