



### FACILITY HOURS

Mon - Fri..... 6 AM - 8 PM  
 Saturday..... 7 AM - 5 PM  
 Sunday..... 1 PM - 5 PM

### CHILD WATCH HOURS

Mon - Thurs..... 9AM-12PM | 5PM - 8PM  
 Fri..... CLOSED  
 Sat..... 8AM - 12PM (Starts 02.28)

## CONTACT US

-  214.421.5301
-  [www.parksouthfamilyymca.org](http://www.parksouthfamilyymca.org)
-  [www.ymcadallas.org/reservations](http://www.ymcadallas.org/reservations)
-  2500 Romine Ave, Dallas TX 75215

## HOW TO?

MINDBODY



WEBSITE



PARK SOUTH YMCA

# IT'S TIME TO TAKE ACTION!

Reservations can be made three days in advance, starting at 4:30 am. For example, a class beginning at 8 AM on Monday can be reserved any time after Friday at 4:30 am. Reservation booking closes at 10 pm each evening.



PARK

SOUTH

YMCA

GROUPEX & SWIM

# Monday

## Group Ex

<u>TIME</u>	<u>CLASS</u>	<u>TEACHER</u>	<u>ROOM</u>
11:30-12:15pm	AOA - Chair Fit	Tamila	GX1
4:00-6:00pm	Pickleball		GYM
5:45-6:30pm	Sculpt & Core	Tamila	GX1

## Pool

<u>TIME</u>	<u>ACTIVITY</u>
8:00-8:45am	Aqua Fitness
9:00-9:45am	Aqua Fitness
10:00am-12:00pm	Family Swim
4:00-6:30pm	Swim Team
5:15-7:15pm *	Swim Lessons
6:45-7:30pm	Lap Swim

# Wednesday

## Group Ex

<u>TIME</u>	<u>CLASS</u>	<u>TEACHER</u>	<u>ROOM</u>
10:30-11:15am	Low Impact	Lauren	GX1
11:30-12:15am	AOA - Chair Fit	Tamila	GX1
4:00-6:00pm	Pickleball		GYM
5:45-6:30pm	Cardio Strength Intervals	Robbie	GX1

## Pool

<u>TIME</u>	<u>ACTIVITY</u>
8:00-8:45am	Aqua Fitness
9:00-9:45am	Aqua Fitness
10:00am-12:00pm	Family Swim
4:00-6:30pm	Swim Team
5:15-7:15pm *	Swim Lessons
6:45-7:30pm	Lap Swim

# Friday

## Group Ex

<u>TIME</u>	<u>CLASS</u>	<u>TEACHER</u>	<u>ROOM</u>
10:45-11:30am	Strength	David	GX1
11:30-12:30pm	AOA - Chair Yoga	Ocean	GX2
4:00-6:00pm	Pickleball		GYM

## Pool

<u>TIME</u>	<u>ACTIVITY</u>
9:00-9:45am	Aqua Fitness
10:00am-12:00pm	Family Swim
4:00-6:30pm	Swim Team
6:45-7:30pm	Lap Swim
6:45-7:30pm	Aqua Fitness

# Tuesday

## Group Ex

<u>TIME</u>	<u>CLASS</u>	<u>TEACHER</u>	<u>ROOM</u>
9:00-11:00am	Pickleball		GYM
10:30-11:30am	Dance Fitness	Andrea	GX1
11:30-12:15pm	AOA - Chair Fit	David	GX1
12:30-1:30pm	Yoga	Ocean	GX1
5:30-6:15pm	Yoga	Brandye	GX2
6:00-7:00pm	COMMIT Dance Fit	Tiffany	GX1

<u>TIME</u>	<u>ACTIVITY</u>
8:00-10:00am	Lap Swim
10:00-10:30am	SAW Groups
10:30am-12:00pm	Family Swim
4:00-6:30pm	Swim Team
5:15-6:30pm	Swim Lessons
6:45-7:30pm	Aqua Fitness

# Thursday

## Group Ex

<u>TIME</u>	<u>CLASS</u>	<u>TEACHER</u>	<u>ROOM</u>
6:30-7:30am	Cycle	Temeckia	GX2
9:00-11:00am	Pickleball		GYM
11:30-12:15pm	AOA - Chair Fit	John	GX2
6:00-6:45pm	Xtreme Hip Hop	Terresa	GX2

## Pool

<u>TIME</u>	<u>ACTIVITY</u>
8:00-10:00am	Lap Swim
10:00-10:30am	SAW Groups
10:30am-12:00pm	Family Swim
4:00-6:30pm	Swim Team
5:15-6:30pm	Swim Lessons
6:45-7:30pm	Aqua Fitness

# Saturday

## Group Ex

<u>TIME</u>	<u>CLASS</u>	<u>TEACHER</u>	<u>ROOM</u>
8:00-8:45am	Cycle	Temeckia	GX2
10:30-11:30am	Yoga	Brandye	GX2
10:45-11:45am	Xtreme Hip Hop	Terresa	GX1
12:00-2:00pm	Pickleball		GYM

## Pool

<u>TIME</u>	<u>ACTIVITY</u>
9:00-10:00am	Aqua Fitness
10:00-2:00pm	Family Swim

Reservations for Group Ex Classes are made through the MindBody App or at [mindbodyonline.com](http://mindbodyonline.com)

\* Members may swim during Adult Lessons, but not during Youth Lessons/Team. Call the front desk to confirm \*