







### 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

## 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> |
|-----------------|-----------------|
| 7:00-9:00am     | Swim Team       |
| 9:00-10:00am    | Aqua Fitness    |
| 10:00-11:30am   | Preschool Camp  |
| 11:30am-12:30pm | SAW Groups      |
| 12:30-2:00pm    | Family Swim     |
| 2:00-4:30pm     | SAW Groups      |
| 4:30-6:30pm     | Swim Lessons    |
| 6:30-7:45pm     | Family Swim     |

# 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         |

## Pool

| <u>TIME</u>   | <u>ACTIVITY</u> |
|---------------|-----------------|
| 7:00-9:00am   | Swim Team       |
| 9:00am-4:30pm | SAW Groups      |
| 4:30-6:30pm   | Swim Lessons    |
| 6:30-7:45pm   | Aqua Fitness    |

# 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> |
|-----------------|-----------------|
| 7:00-9:00am     | Swim Team       |
| 9:00-10:00am    | Aqua Fitness    |
| 10:00-11:30am   | Preschool Camp  |
| 11:30am-12:30pm | SAW Groups      |
| 12:30-2:00pm    | Family Swim     |
| 2:00-4:30pm     | SAW Groups      |
| 4:30-6:30pm     | Swim Lessons    |
| 6:30-7:45pm     | Family Swim     |

# 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   | Zumba           | Ayako          | GX2         |

## Pool

| <u>TIME</u>   | <u>ACTIVITY</u> |
|---------------|-----------------|
| 7:00-9:00am   | Swim Team       |
| 9:00am-4:30pm | SAW Groups      |
| 4:30-6:30pm   | Swim Lessons    |
| 6:30-7:45pm   | Aqua Fitness    |

# 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> |
|--------------|-----------------|
| 7:00-9:00am  | Swim Team       |
| 9:00-10:00am | Aqua Fitness    |
| 10:00-2:00pm | Family Swim     |
| 2:00-4:30pm  | SAW Groups      |
| 4:30-5:00pm  | CLOSED          |
| 5:00-6:30pm  | Aqua Fitness    |
| 6:30-7:45pm  | Family Swim     |

# 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         |
| 10:00-11:00am | Zumba        | Ayako          | GX1         |
| 12:00-2:00pm  | Pickleball   |                | GYM         |

## Pool

| <u>TIME</u>  | <u>ACTIVITY</u> |
|--------------|-----------------|
| 9:00-10:00am | Aqua Fitness    |
| 10:00-2:30pm | Family Swim     |

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

Lap lanes available upon request. Please ask the lifeguards for information.