GROUPX SCHEDULE – GX1

SUN	MON	TUE	WED	THU	FRI	SAT
	5:30AM Cardio Strength Intervals		5:30AM Cardio Strength Intervals		5:30AM Cardio Strength Intervals	8:00AM Les Mills BODYPUMP
	8:30AM Rev + Flow	8:30AM HIIT	8:30AM Cardio Strength Intervals	8:30AM HIIT	8:30AM HIIT	9:00AM Les Mills BODYCOMBAT
	9:30AM Cardio Strength Intervals	9:30AM Pilates Fusion	9:30AM NIA Fusion Fitness	9:30AM Zumba	9:30AM Sculpt and Core	10:00AM Zumba
1:30PM Yoga	10:30AM Les Mills BODYPUMP	10:30AM Les Mills BODYPUMP	10:30AM Les Mills BODYPUMP	10:30AM Les Mills BODYPUMP	10:30AM Les Mills BODYPUMP	
3:00PM Les Mills BODYPUMP	3:45PM Tai Chi	12:00PM Yoga		3:45PM Tai Chi		
	5:30PM Interval Training	5:30PM Les Mills BODYPUMP	5:30PM Les Mills BODYCOMBAT	5:30PM Les Mills BODYPUMP	5:30PM Zumba	
	6:30PM Zumba	6:30PM Zumba	6:30PM STRENGTH	6:30PM Zumba		
	7:30PM Meditation					

GROUPX SCHEDULE – CYCLE ROOM

SUN	MON	TUE	WED	THU	FRI	SAT
	9:30AM Cycle and Sculpt	9:30AM Cycle and Sculpt	9:30AM Cycle	9:30AM Cycle and Sculpt	9:30AM Cycle	9:30AM Cycle and Sculpt
	10:45AM Yoga - Chair	10:45AM Yoga - Chair		10:45AM Yoga - Chair		
2:30PM Les Mills (VIRTUAL)						
	5:30PM Cycle	5:45PM Cycle	5:30PM Cycle (VIRTUAL)		5:30PM Cycle (VIRTUAL)	

GROUPX SCHEDULE – GX2

SUN	MON	TUE	WED	THU	FRI	SAT
	8:30AM Pilates Fusion	8:30AM Zumba		8:30AM Yoga - Power	8:30AM Rev + Flow	9:00AM NIA Fusion Fitness
	9:30AM AOA - Low Impact	9:30AM Sculpt and Core	9:30AM Barre Fusion	9:30AM Pilates Fusion	9:30AM Les Mills BODYCOMBAT	10:00AM Yoga - Flow
	10:30AM Stretch	10:30AM Stretch	10:30AM Stretch	10:30AM Stretch	10:30AM Stretch	
	11:00AM Yoga - Gentle		11:00AM Yoga - Gentle	11:00AM Yoga	11:00AM Yoga - Flow	
2:00PM Zumba						
	5:30PM KidsFit	5:30PM Yoga	6:00PM Yoga - Flow	5:30PM Yoga		
	6:30PM Pilates Fusion	6:30PM Core		6:30PM Pilates	6:30PM Warrior Rhythms	

GROUPX SCHEDULE – POOL

SUN	MON	TUE	WED	THU	FRI	SAT
	8:00AM Aqua Fitness (Shallow)	8:00AM Aqua Fitness (Deep)	8:00AM Aqua Fitness (Shallow)	8:00AM Aqua Fitness (Deep)	8:00AM Aqua Fitness	8:00AM Aqua Fitness
	8:45AM Aqua Fitness	8:45AM Aqua Fitness (Shallow)	8:45AM Aqua Fitness (Shallow)	8:45AM Aqua Fitness (Shallow)	8:45AM Aqua Fitness (Shallow)	
1:15PM Aqua Fitness						

GROUPX SCHEDULE – GYM

SUN	MON	TUE	WED	THU	FRI	SAT
		9:30AM AOA - Chair Fitness		9:30AM AOA - Chair Fitness		

Revised 11/11/2026

DOWNLOAD MINDBODY APP TO BOOK GX CLASSES

1. Go to the app store
2. Download the app and create a profile using your email
3. Search for YMCA of Metropolitan Dallas, then sort by "businesses" and select the LAKE HIGHLANDS YMCA
4. Book classes up to 3 days in advance!

CLASS KEY:

LES MILLS

BODYPUMP: Les Mills BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit-fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout with scientifically proven moves and techniques.

BODYCOMBAT: BODYCOMBAT™ is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness.

CARDIO/STRENGTH

CARDIO STRENGTH INTERVALS: Strength and cardio interval training workout using various pieces of equipment. Members are required to bring their own mats to class. All other equipment is provided.

HIIT: High Intense Interval Training – quick, intense bursts of exercise followed by short recovery periods designed to keep your heart rate up and burn more calories in less time. Members are required to bring their own mats to class. All other equipment is provided.

INTERVAL TRAINING: A series of low- to high-intensity drills followed by a series of active rest.

SCULPT AND CORE: Low-impact class increasing strength and muscle tone throughout your entire body with a focus on your core. You will move through exercises targeting all major muscle groups using a variety of tools such as light to medium weight dumbbells, resistance bands, and Pilates balls. Please bring your own mat.

STRENGTH: A total body workout for all fitness levels that focuses on every muscle group improving muscle definition, bone density, and muscular strength. The class incorporates core training and balance stamina. Please bring your own mat.

KIDS FIT: Circuit training for kids teaching cardio, agility, teamwork, and strength with fun drills and games. Helps children grow stronger, faster, and more confident. Ages: 4-8

DANCE FIT

DANCE FITNESS: Dance Fitness is a cardio based class designed for every fitness level. Simple choreography to get the heart pumping and both the mind and body feeling great!

ZUMBA: High energy dance class set to your favorite songs for a fun workout!

NIA FUSION FITNESS: Nia is based on the intelligent design of the body. Each workout combines mindfulness and dynamic movement – leaving you energized, mentally clear, and emotionally balanced. Nia workouts combine 52 simple moves with dance arts, martial arts, and healing arts to energize and enliven well-being in 60 minutes – body, mind, emotion, and spirit. Nia is non-impact, may be practiced barefoot or with shoes, and adaptable to individual needs and abilities.

AQUA FIT

AQUA FITNESS: A low-impact workout for all fitness levels in the shallow end using water and/or water buoys as resistance. Improve cardiovascular fitness, strength, endurance and balance. Water shoes recommended.

AQUA FITNESS – SHALLOW WATER: A low impact workout for all fitness levels in the shallow end using water and/or water buoys as resistance. Improve cardiovascular fitness, strength, endurance and balance. Water shoes recommended.

AQUA FITNESS – DEEP WATER: With no impact, this is a total body workout that includes cardiovascular endurance, strengthening and toning. This is a great routine for those wanting to build fitness or recovering from injury. The class occurs in deep water and flotation devices are available from the lifeguard.

CLASS KEY:

MIND-BODY

PILATES: A series of mat exercises that will challenge core strength, balance and stability while encouraging development of good posture.
PILATES FUSION: A blend of Pilates and Barre to strengthen the core, improve flexibility, and increase muscular strength in hips and glutes. Members are required to bring their own mats to class. All other equipment is provided.
REV + FLOW: It is a high-intensity, low-impact functional fitness format designed to build strength, mobility, and balance. Please bring a mat.
STRETCH: Stretch Group X is dedicated time to stretch muscles with a strong emphasis on restoration.
YOGA: Yoga is an effective way to build strength, stamina and flexibility while cultivating a sense of peace and well-being. Class is great for muscle imbalances, pain, and reducing stress. Members are required to bring their own mats to class. All other equipment is provided.
YOGA – FLOW: Yoga Flow is an excellent way to unwind, keep active, and improve your health. Taught in the Vinyasa style, poses are strung together to form one fluid sequence of movement. Members are required to bring their own mat. All other equipment is provided.
YOGA – GENTLE: Yoga Gentle happens at a slower pace, with less intense positions, and usually includes extended time for meditation, yogic breath work, and relaxation. By relaxing into postures that put the body at ease, the mind is put at ease, restoring a sense of calm to the body. Members are required to bring their own mats. All other equipment is provided.
BARRE FUSION: A blend of Barre, Pilates, and yoga-inspired movements strengthens the core and improves flexibility and posture, while increasing muscular strength.
WARRIOR RHYTHM: increases strength, flexibility, and balance. It's yoga + weights + HIIT + mindfulness rolled into one. Please bring your own mat.

LOW IMPACT

AOA – Low Impact/Chair Fitness: A low-impact cardio and strength class. Utilize a chair for balance if you wish. All levels and ages welcome.
TAI CHI: Improve physical and mental balance through slow repetitive and relaxing movements.
YOGA – CHAIR: Designed for Active Older Adults and participants with mobility impairments. Using a chair for standing/seated support, exercises are designed to increase strength, range of movement, and activity for daily living skills. Equipment is provided.

CYCLE

CYCLE: A cardiovascular workout on an indoor bike without impact on the joints. Focused on speed, strength, and endurance. Cycle shoes are not required. Bring a water bottle and let's ride!
Cycle and Sculpt: This energizing hybrid workout combines the cardio intensity of a spin class with the strength-building benefits of resistance training. Expect a full-body challenge that keeps things fresh and balanced every time.

Questions? Contact GX Director, Brandy Wright, brandy.wright@ymcadallas.org