



GROUP EXERCISE SCHEDULE SEPTEMBER 5—10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:55 a.m. (HH) Body Pump Shelley	6:00 a.m. (HH) SP Bootcamp Bob	5:55 a.m. (HH) Body Pump Shelley	6:00 a.m. (HH) Bench Jeff	7:15 a.m. (CS) Studio Cycling** Diana
Happy Labor Day!	6:00 a.m. (CS) Studio Cycling Linda	6:00 a.m. Run 101 (Lobby) Dinah	6:00 a.m. (CS) Studio Cycling John	6:00 a.m. (CS) Studio Cycling Jeri	8:00 a.m. (HH) Bench Jeff
YMCA open 8 a.m.—3 p.m		6:00 a.m. (CS) Studio Cycling Jeri	7:00 a.m. (FS) Zumba Tracy	6:00 a.m. (PCY) Tai Chi Michael	
	7:00 (FS) Balance & Beyond Kimberly	6:00 a.m. (PCY) Tai Chi Michael	8:00 a.m. (HH) Bodyworks Tracy	7:00 a.m. (FS) Balance & Beyond Kimberly	9:00 a.m. (HH) Bodyworks Tracy
8:15 a.m. (CS) Studio Cycling Diana	8:00 a.m. (FS) Bodyworks Anna	7:00 a.m. (FS) Core and More J.C.	8:15 a.m. (CS) Studio Cycling* J.C.	8:00 a.m. (FS) Pilates Jeremy	9:00 a.m. (CS) Studio Cycling Jeri
9:15 a.m (CS) Studio Cycling Jeri	8:15 a.m. (CS) Studio Cycling* J.C.	8:00 a.m. (HH) Pilates Jeremy	9:00 a.m. (FS) Power Yoga Kari s.	8:15 a.m. (CS) Studio Cycling* Sean	10:00 a.m. (CS) Studio Cycling Jeff
9:30 a.m.(HH) Step Jeff	9:00 a.m. (FS) Power Yoga Lydia	8:15 a.m. (CS) Studio Cycling* Sean	9:15 a.m. (CS) Studio Cycling* Kristy	9:00 a.m. (FS) Bench Tracy	10:00 a.m. (FS) Cardio Kickbox Maggie
12:00 p.m. (HH) BodyPump Shelley	9:15 a.m. (CS) Studio Cycling* Kristy	9:00 a.m. (HH) BodyPump Shelley	10:00 a.m. (FS) Zumba Lisa	9:00 a.m. (FS) Yoga Gregg	11:00 a.m. (HH) Yoga Gregg
	10:00 a.m. (FS) Zumba Julie	9:00 a.m. (FS) Yoga Dan	10:15 a.m. (CS) Studio Cycling* Bob	9:15 a.m. (CS) Studio Cycling* Kristy	11:00 a.m. (FS) Power Yoga Lydia
	10:15 a.m. (CS) Studio Cycling* Bob	9:15 a.m. (CS) Studio Cycling Shelly	12:15 p.m. (FS) 	10:00 a.m. (HH) BodyPump Kimmee	12:00 p.m. (HH) Zumba Julie
	12:15 (FS) Zumba (Intro) Tracy	10:00 a.m. (FS) Bodyworks Lisa		10:00 a.m. (FS) Bodyworks Anna	4:00 p.m. (HH) BodyPump Shelley
	4:30 p.m. Studio Cycling Amy S.	10:15 a.m. (RC) AFEP Michelle	5:30 p.m. (CS) Studio Cycling Kenny	10:15 a.m. (RC) AFEP Lise	
	4:30 p.m. (FS) Body Fusion Kristy	11:00 a.m. (FS) Low Impact Lana	5:30 p.m. (HH) Bootcamp Bob		
	5:30 p.m. (CS) Studio Cycling Shelley	12:00 p.m. (FS) Gentle Yoga Kari		11:00 a.m. (FS) Low Impact Lise	
	5:30 p.m. (FS) Bodyworks Tracy	12:15 p.m. (HH) BodyPump Kimmee	6:30 p.m. (HH) BodyPump Shelley	12:00 p.m. (HH) Zumba Bob	
	5:30 p.m. (CS) Studio Cycling Kenny	4:30 p.m. (FS) Pilates Jeremy	7:40 p.m. (FS) Yoga Gregg	12:00 p.m. (FS) Gentle Yoga Kari	
	6:30 p.m. (HH) BodyPump Shelley	4:30 p.m. (CS) Family/ Youth Cycling Kristy	<p>Passes are required for Studio Cycling & BodyPump</p> <p>* 45 Minutes ** 1 Hour 15 Minutes</p> <p>All other classes are 50 Minutes</p> <p>CS - Cycling Studio • FS - Fitness Studio • HH - Hodges Hall • LS - Lakeside</p>		
	7:40 p.m. (HH) Yoga Gregg	5:30 p.m. (CS) Studio Cycling Kristy			
		5:30 p.m. (FS) Step & Strength Jeff			
		6:30 p.m. (FS) Cardio Kickbox Maggie			



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE CLASS DESCRIPTIONS

Cardio

BENCH - A cardiovascular workout using Reebok steps. Bench height can be adjusted for all levels.

CARDIO EXTREME - Intense cardio intervals, followed by active recovery.

CARDIO KICKBOX - Combines the fun of kickboxing with the benefits of cardio & toning.

CARDIO JAM - High intensity cardio workout w/easy to follow choreography.

HI/LO STEP - Intervals of hi/lo impact and step aerobics.

LOW IMPACT AEROBICS - A low-impact aerobic class with simple moves designed to increase your cardiovascular endurance. This class includes strength and flexibility training. Good for beginners and Active Older Adults.

STUDIO CYCLING - Indoor cycling is the newest non-impact, cardiovascular workout performed to music on specially designed stationary bikes. For all levels of exercise.

SPORTS PERFORMANCE BOOTCAMP - High energy drills & circuits to enhance agility, speed & functional strength that can help you take any sport to the next level.

ZUMBA - A great Latin inspired cardio dance class. Please come and try it!

Strength

BODY FUSION - Core strength, total functional strength and flexibility using Pilates, balls and body weight.

BODY PUMP - Works your whole body using barbells & weights to highly motivating music.

BODYWORKS - Utilizes weights, tubing, body bars and floor work to strengthen and tone all muscle groups.

LOW IMPACT AEROBICS - A low-impact aerobic class with simple moves designed to increase your cardiovascular endurance. This class includes strength and flexibility training. Good for beginners and Active Older Adults.

ZUMBA TONING - Same great workout as Zumba while using light weight toning sticks.

Park Cities YMCA

6000 Preston Road, Dallas, TX 75205

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Mind & Body

A.F.E.P. (Arthritis Foundation Exercise Program):

Developed by the Arthritis Foundation, this chair and standing exercise class addresses range of motion, endurance, and relaxation.

BALANCE & BEYOND - Improve your core stability and balance by using a variety of equipment.

PILATES - Restore muscular balance; improve posture & flexibility while strengthening joints to help create lean and long muscles.

POWER YOGA - This class includes strength, balance, toning and flexibility.

TAI CHI - Improve physical & mental balance through slow repetitive & relaxing movements.

YOGA - Increase flexibility, stamina, and tone muscles. All levels welcome.

Run 101

Wednesdays @ 6:00 a.m.
(meet in the lobby)

Zumba Intro

Tuesdays @ 12:15

Cardio Extreme!

The most cardio you can
"cram" into 45 minutes

Zumba Toning

Thursdays at 12:15
w/Julie