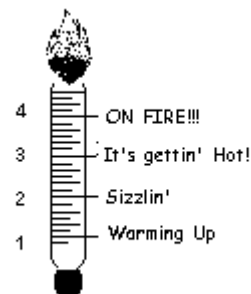


Lake Highlands Family YMCA

Group Fitness Schedule

REVISED 5/26/10

All classes free for members



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45-6:45 AM Interval Blast (4) Daryl	5:35-6:35 AM Zumba@weights(3) Kathryn	5:45-6:45 AM Interval Blast (4) Daryl	5:35-6:35 AM Zumba® (3) Kathryn	5:45-6:45 AM Interval Blast (4) Daryl	
8:00-8:30 AM Healing Stretch Beth	8:30-9:30 AM Yoga Flow (3) Rose	8:00-8:30 AM Healing Stretch Beth	8:30-9:30 AM Yoga Flow (3) Kari	8:00-8:30 AM Healing Stretch Beth	
8:30-9:00 AM Gentle Pilates (1) Beth		8:30-9:00 AM Gentle Pilates (1) Beth		8:30-9:00 AM Gentle Pilates (1) Beth	
9:00-10:00 AM Aerobics for Everyone (1-2) Carol		9:00-10:00 AM Aerobics for Everyone (1-2) Beth		9:00-10:00 AM Aerobics for Everyone(1-2) Carol	8:45-9:45am Zumba®(3) Lorelei
9:00- 10:00 AM Pilates Mat (mixed level) Rose	9:00-10:00 AM SilverSneakers® (1-2) Carol	9:00-10:00AM Zumba® (3-4) Elena	9:00-10:00 AM SilverSneakers® (1-2) TBA	9:00-10:00AM Pilates Mat (Mixed level)) Beth	
	9:35-10:35 Cardio Pump (3-4) Shelley		9:35-10:35 AM Pump It Up (2-3) Beth		9:50- 10:50am Pump It Up Beth/ Carol
10:15-11:15 AM  Yoga (1-2) Kari		10:05-11:05AM  Yoga (1-2) Kari		10:05-11:05 AM  Yoga (1-2) Patty	
			10:40-11:40AM Yoga (2-3) Rose		11:00-Noon Yoga (3) Anne
5:45-6:45 PM Zumba® (3) Kathryn	5:45-6:45 PM Pump It Up (3) Carole		5:45-6:45 Boot Camp(3) Shelley		
6:50-7:50 PM Power Yoga Kari	6:50-7:50 PM T'ai Chi I & II Jim	6:50-7:50 PM Yoga (2) Lindsay	6:50-7:50 PM T'ai Chi II Jim		

Class Announcements:

 **Classes marked with this symbol can be held in the Gymnasium.**

Lake Highlands Family YMCA 8920 Stults Rd. Dallas, TX 75243 214-221-9622

www.lakehighlandsymca.org

Financial Assistance is available, please ask for details.

The mission of the YMCA of Metropolitan Dallas is to put Christian values into practice through programs that build healthy spirit, mind, and body for all.
Contact Clint Elliott at 214-221-9622 ext. 14 with any questions or comments

