



Grand Prairie Family YMCA Group Exercise Schedule

HELPING YOU LIVE BETTER

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Reservation required. Available three days prior to class on the MINDBODY App.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30AM-9:30AM BODYPUMP Thuy (GX1)	8:30AM-9:15AM HIIT Brandon (GX1)	8:30AM-9:30AM BODYPUMP Thuy (GX1)	8:30AM-9:15AM HIIT Brandon (GX1)	8:30AM-9:15AM STRENGTH Brenda (GX1)	8:30AM-9:15AM BODYPUMP Thuy (GX1)
9:00AM-10:00AM SENIORS Crystal (GX2)	9:30AM-10:15AM PILATES Holly (GX1)	9:00AM-10:00AM SENIORS Crystal (GX2)	9:30AM-10:15AM PILATES Holly (GX1)		9:30AM-10:15AM YOGA STRENGTH Mika (GX1)
9:30-10:15 SALSA FITNESS Katie (GX1)	10:30AM-11:15AM LINE DANCING Gessica (GX2)	9:30-10:15 SALSA FITNESS Katie (GX1)	10:30am-11:15am LINE DANCING Gessica (GX2)		10:30AM-11:30AM HIP HOP DANCE Gessica (GX2)
	1:00PM-1:45PM SENIORS Sandy (GX1)		1:00PM-1:45PM SENIORS Sandy (GX1)		
5:30PM-6:15PM HIIT Brandon (GX1)	5:30PM-6:15PM RPM Brandon (GX2)	5:30PM-6:15PM HIIT Brandon (GX1)	5:30PM-6:15PM RPM Brandon (GX2)		
6:30PM-7:15PM ZUMBA Yvonne (GX1)	6:30PM-7:30PM BODYPUMP Tracy (GX1)	6:30PM-7:15PM ZUMBA Yvonne (GX1)	6:30pm-7:30pm BODYPUMP Tracy (GX1)		
6:00pm-7:00pm Martial Arts Jesus (GX2)*		6:00pm-7:00pm Martial Arts Jesus (GX2)*	6:30pm-7:30pm COMMIT DANCE FITNESS Anika (GX2)	6:00pm-7:00pm Martial Arts Jesus (GX2)*	

Reserve your spot through the MINDBODY app or by visiting ymcadallas.org/reservations.

INCLUDED IN MEMBERSHIP is our YGX VIRTUAL LIVESTREAM Group X classes accessed through FACEBOOK. <https://www.facebook.com/groups/YMCADallasYGX>



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COMMIT TO DANCE FITNESS A combination of Dance and HIIT. For a dynamic, fun-filled HIIT style dance workout. Each routine focuses on essential fitness elements created to a variety of popular music from all over the world, that will inspire everyone to get moving.

HIP HOP DANCE A cardio workout that engages the entire body to build muscle and burn calories while having fun! Designed for all fitness levels and experience in dance.

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.

Les Mills RPM 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!

LINE DANCE Choreographed dance class with repeated sequence of steps for a fun workout!

PILATES A series of mat exercises that will challenge core strength, balance and stability while encouraging development of good posture.

SALSA FITNESS A fitness program that uses salsa dancing in a high energy workout to get the heart rate up.

SENIORS A low impact cardio and strength class designed for Active Older Adults. Utilize a chair for balance if you wish. All levels welcome!

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.

YOGA STRENGTH A Yoga practice exploring various poses to develop stamina and flexibility. Modifications are given for those who are less experienced.

ZUMBA® Combines high energy and motivating music creating the ultimate dance party!

* **Specialty Classes** (\$) require an additional fee. Registration is monthly.

***Martial Arts:** Beginning June 2021, Learn the art of Karate-Do along with the benefits of awareness, well-being, discipline, respect, and mental disposition. M/W/F evenings. Member rate \$50