



Lakewest, Moorland, Oak Cliff and Park South YMCA of Metropolitan Dallas
 (Serving South Dallas, Oak Cliff and West Dallas)

2010 WELLNESS SCHEDULE (REVISED 08-18-10)

Check with branches for specialty classes/events and holiday closing hours.

Mondays:

MORNING CLASSES
 Water Aerobics 8:00 a.m. Park South
 Walking Class 8:15 a.m. Moorland
 Etch-A-Body 8:15 a.m. Park South
 Old School line Dance 9:00 a.m. Moorland
 SilverSneakers 9:00 a.m. Oak Cliff
 SilverSneakers 10:00 a.m. Oak Cliff
 SilverSneakers 10:30 a.m. Lakewest
 SilverSneakers I & II 10:30 a.m. Moorland

EVENING CLASSES
 Steps, Resistance and Abs (SRA) 6:00 p.m. Oak Cliff
 Body Works 6:00 p.m. Lakewest (1st Monday)
 Kickboxing 6:00 p.m. Lakewest (2nd Monday)
 Zumba 6:00 p.m. Lakewest (3rd Monday)
 Weight Training 6:00 p.m. Lakewest (4th Monday)
 Zumba 6:15 p.m. Park South
 Water Aerobics 6:15 pm Park South
 Bench Blast 6:00 p.m. Moorland
 Zumba 7:00 p.m. Oak Cliff
 Belly Dance 7:00 p.m. Lakewest
 *Swing Out 6:30 p.m. Oak Cliff
**denotes a monetary charge for this class*

Tuesdays:

MORNING CLASSES
 Water Aerobics 8:00 a.m. Park South
 SRA 6:00 a.m. Oak Cliff
 SilverSneakers 9:00 a.m. Park South
 Line Dance 9:00 a.m. Oak Cliff
 Active Older Adults (AOA) 9:30 a.m. Moorland
 Fit 4 Life 10:15 a.m. Oak Cliff
 Pilates 11:00 a.m. Oak Cliff
 SilverSneakers I & II 10:30 a.m. Moorland

EVENING CLASSES
 Boot Camp/Kickboxing 6:00 p.m. Oak Cliff
 Bodyworks/Full Throttle! 6:00 p.m. Lakewest (1st, 3rd, & 5th Tues.)
 Pilates Plus! 6:00 p.m. Lakewest (2nd & 4th Tuesday)
 Bikini Boot Camp 6:00 p.m. Moorland
 Karate 6:00 p.m. – 7:45 p.m. Park South
 Etch-A-Body 6:15 p.m. Park South
 Water Aerobics 6:15 pm Park South
 Old School Line Dance 7:00 p.m. Moorland

Wednesdays:

MORNING CLASSES
 Water Aerobics 8:00 a.m. Park South
 Walking Class 8:15 a.m. Moorland
 Etch-A-Body 8:15 a.m. – 9:00 a.m. Park South
 Line Dance 9:00 a.m. – 9:45 a.m. Park South
 SilverSneakers 9:00 a.m. Oak Cliff
 Cardio Combo 9:30a.m. Moorland
 SilverSneakers 10:100a.m. Oak Cliff
 SilverSneakers 10:30 a.m. Lakewest
 SilverSneakers/ YogaStretch 11:15 – 11:30 a.m. Oak Cliff

EVENING CLASSES
 Stomp! 6:00 p.m. Oak Cliff
 Swing Out 6:00 p.m. Moorland
 Zumba 6:00 p.m. Lakewest
 Health and Wellness Q&A 6:00 pm
 Belly Dance 6:30 p.m. Park South
 Water Aerobics 6:15 pm Park South
 *Swing Out 6:30 p.m. Oak Cliff
**denotes a monetary charge for this class*

Thursdays:

MORNING CLASSES
 Water Aerobics 8:00 a.m. Park South
 SRA 6:00 a.m. Oak Cliff
 SilverSneakers 9:00 a.m. Park South
 Line Dance 9:30 a.m. Oak Cliff
 Active Older Adults (AOA) 9:30 a.m. Moorland
 Fit 4 Life 10:15 a.m. Oak Cliff
 SilverSneakers I & II 10:30 a.m. Moorland

EVENING CLASSES
 Karate 6:00 p.m. – 7:45 p.m. Park South
 Bikini Boot Camp 6:00 p.m. Moorland
 Step and Sculpt/ Power Dance Mix 6:00 p.m. Lakewest
 Group Circuit 6:00 pm Lakewest
 Jam Packed 6:15 p.m. Park South
 Water Aerobics 6:15 pm Park South
 PIYO 6:30 p.m. Oak Cliff
 New School Line Dance 7:00p.m. Moorland

Fridays:

Water Aerobics 8:00 a.m. Park South
 Walking Class 8:15 a.m. Moorland
 Etch-A-Body 8:15 a.m. Park South
 SilverSneakers 9:00 a.m. Oak Cliff
 Zumba 10:00 a.m. Moorland
 SilverSneakers 10:00 a.m. Oak Cliff
 Active Older Adult (AOA) Circuit 10:30 a.m. L
 Group Circuit 5:45 pm Lakewest

Saturdays:

Water Aerobics 8:00 a.m. Park South
 Zumba 9:00 a.m. Park South
 Power Hour 9:00 a.m. Oak Cliff
 *Swing Out 10:00 a.m. Park South
**denotes a monetary charge for this class*
 Zumba 10:15 a.m. Oak Cliff
 Group Circuit 9:00 a.m. Lakewest

YMCA Of Metropolitan Dallas
Southern Dallas Branches

Lakewest YMCA 3737 Goldman 214.630.9880
 Moorland YMCA 907 E. Ledbetter 214.375.2583
 Oak Cliff YMCA 6701 South Hampton 214.330.6321
 Park South YMCA 2500 Romine 214.421.5301

Sabra Wigfall, Health and Well– Being Director, Lakewest/Park South
 Leonda Kelley, Regional Health and Wellness Director, Moorland/Oak Cliff

