

fitness class schedule

eliminating racism
empowering women
ywca

TIME	MON	TUE	WED	THU	FRI	SAT
8:30-9:30am		T'ai Chi Chih		T'ai Chi Chih		
8:45-9:45am	Jazzercise		Jazzercise		Jazzercise	
9:45-10:30am	Seniorcise		Seniorcise		Seniorcise	
10:30-11:30am						Yoga
6-7pm	Yoga	Zumba Toning	T'ai Chi Chih	Yoga		
6:30-7:30pm						
7-8pm	Martial Arts (7:30-8:30pm)	Martial Arts (7:30-8:30pm)		Martial Arts (7:30-8:30pm) Nia		

fees

Passes include unlimited access to all indoor aquatics activities (except swim lessons), land fitness classes (except Jazzercise® and martial arts), open gym, and the weight room. Annual and monthly passes require a \$40 annual membership. New member monthly passes are 50% off if purchased after the 15th. See Sun 'n Fun flyer for outdoor pool fees and hours.

	Annual	Monthly	Daily
Individual Pass:	\$360	\$35	\$5 member/ \$6 nonmembers
Family Pass:	\$700	\$75	---
Senior Pass (60+):	\$300	\$30	\$5 member/ \$6 nonmembers
Senior Plus Pass (75+):	\$240	\$20	\$5 member/ \$6 nonmembers

Jazzercise®

EFT (auto draft from checking or credit card)	\$35/mo
2-month pass	\$99
Walk-in fee	\$5/class
Joining fee (waived for YWCA members)	\$25

Martial Arts

<i>Monthly pass</i>	
YWCA member / non-member	\$40 / \$60
2 YWCA members in immediate family	\$65
3 or more YWCA members in immediate family	\$75

Livermore Fitness Center
3101 35th Street

Call today to schedule a private gym or pool party!
www.ywcalubbock.org (806) 792-2723

fitness class descriptions

eliminating racism
empowering women
ywca

Jazzercise®

A 60-minute fitness class incorporating cardio, strength, and stretch moves for a total body workout.

Martial Arts

Offers fitness, toning, strength training, and non-contact sparring in disciplined, highly structured classes for ages 10 to adult. Separate fees apply.

Nia

A body-mind-spirit fitness and lifestyle practice that blends modern dance, yoga, and martial arts for a low-impact, high-results cardio workout. It's also plenty of fun!

Seniorcise

Active program designed specifically for seniors that combine low-impact aerobics to improve cardiovascular fitness with light resistance activity to increase muscular strength.

T'ai Chi Chih

Everybody—of any age or fitness level—can improve their balance while enhancing mental, cardiovascular, immune, and endocrine systems with this low-impact, relaxing, meditative series of movements.

Yoga

Get your heart pumping as you stretch, build and tone muscles, and release stress with movements that can be adapted to any fitness and experience level.

Zumba Toning

Zumba Toning takes the original Zumba dance-fitness class to a new exciting level! This Latin-inspired dance-and-tone program utilizes light-weight toning sticks or dumbbells and is sure to provide an effective, re-defining total body workout. Come join the fun and flavor of Latin disco, Reggaeton-Cumbia, Conga hip-hop and many more combination rhythms.