

YWCA IS ON A MISSION

Talkington Sun 'n Fun Fitness Class Schedule May 30th - August 30th 2017

TIME	MON	TUE	WED	THU	FRI	SAT
6:00 A.M.		Tabata (Travis Room 110)		Tabata (Travis Room 110)		
8:00 A.M.	Yoga Racquetball room (Janet)		Yoga Racquetball room (Janet)		Yoga Racquetball room (Janet)	
9:00 A.M..	Dance Aqua Fit (Janet) Pool		Dance Aqua Fit (Janet) Pool		Dance Aqua Fit (Janet) Pool	
10:00 A.M.			Pilates (Racquetball room) Shelia		Pilates (Racquetball room) Shelia	
6:00 P.M.	Family Fun Fit (Janet) Gym	Zumba (Mikki) Gym		Zumba (Mikki) Gym		Swing Dance (6-9 P.M.) Multi Purpose Members \$5
6:15 P.M.	Cardio & Weights Room 110 (Travis)	Lite n Low Room 110 (Travis)	Cardio & Weights Room 110 (Travis)	Lite n Low Room 110 (Travis)		
7:00 P.M.	Yoga Room 110 (Janet)	Arms and Abs Room 110 (Travis)		Arms and Abs Room 110 (Travis)		
						Updated 4/25/17

Talkington Fitness
Center
6204 Elgin
806-771-0184

Kids Club Hours:
Mon.-Fri. 8am to
11am & 5pm to 8pm

www.ywcalubbock.org