

# Fitness Class Schedule

Livermore Fitness Center | 3101 35<sup>th</sup> St  
806-792-2723 | [www.ywcalubbock.org](http://www.ywcalubbock.org)



TIME	SUN	MON	TUE	WED	THU	FRI	SAT
5:30 am							
5:45 am		Jazzercise	Jazzercise	Jazzercise	Jazzercise	Jazzercise	
7:00am							
8:30 am							Jazzercise Personal Touch
8:45am		Jazzercise	Jazzercise	Jazzercise	Jazzercise	Jazzercise	
9:00 am							
9:30 am							Jazzercise
9:45 am		Seniorcise		Seniorcise		Seniorcise	
10:00 am							
10:30 am							
3:00 pm	Jazzercise						
3:30 pm	Jazzercise						
4:30 pm		Jazzercise	Jazzercise	Jazzercise	Jazzercise	Jazzercise	
5:30 pm		Basic Mat Pilates Begins at 5:45pm (Shelia)  Jazzercise	Jazzercise	Jazzercise	Basic Mat Pilates Begins at 5:45pm Jazzercise		
6:00 pm				Yin Yoga/ Pranayama/ Meditation (Brian)			
6:30 pm		Jazzercise		Jazzercise			
7:00 pm							

# class descriptions

**Walk Live:** This is indoor aerobic walking program that has been helping people get fit for over 25 years. Participants, in a group setting, use basic steps and simple arm movements to get a heart-pumping, calorie torching aerobic workout. This indoor class is geared for those who enjoy walking for fitness and weight loss and is appropriate for all ages and levels of fitness.

## **Mat Pilates**

Famous for developing strength, flexibility and coordination, not to mention flat abs. Toning, flexibility, better posture, efficient movement, body/mind connection is what Pilates will provide for you.

## **Jazzercise®**

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

## **Jazzercise Personal Touch®**

A semi-private strength training class using exercise balls, exer-tubes, leg weights, hand weights, and foot bands that will reshape your body, give you more energy, and help you feel more confident!

## **Seniorcise**

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

## **Yin Yoga, Pranayama and Meditation**

Stretch and strengthen your body while calming and soothing your mind. This is the perfect class for beginners who would like a gentle introduction to yoga, and for those seeking to enjoy the benefits of yoga without standing.

## **Yoga—Vinyasa Flow**

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. Best suited for people who have had an introduction to yoga.

## **Tippi Toes**

This is a youth dance program that offers different genres of dance. Come join the fun! It is an additional fee to enroll into this class.