

# 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

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## Talkington Sun 'n Fun Fall Fitness Class Schedule Begins August 28th

TIME	MON	TUE	WED	THU	FRI	SAT
6:15 A.M.	Spin (Travis) 45 min. Fitness center	Spin (Stephanie) 45 min. Fitness center	Spin (Stephanie) 45 min. Fitness center	Spin (Travis) 45 min. Fitness center		
8:00 A.M.		Pilates (Shelia Rm. 110)		Pilates (Shelia Rm. 110)		
8:30 A.M.	Yoga (Janet) Rm.110		Yoga (Janet) Rm.110		Yoga (Janet) Rm.110	
5:30 P.M.	Cardio & Weights Room 110 (Travis)	Spin-Fitness center (Travis) 45 min. Zumba-(Mikki Rm.110)	Cardio & Weights Room 110 (Travis)	Spin -Fitness center (Stephanie) 45 min. Zumba-(Mikki Rm.110)		
6:15 P.M.	Yo-Lates (Janet Rm.110)		Yo-Lates (Janet Rm. 110)			Swing Dance (6-9 P.M.) Multi Purpose Members \$5
6:30 P.M.	Spin (Stephanie) 30 min. Fitness center	Abs and Arms- deep stretch (Janet Rm. 110)	Spin (Travis) 30 min. Fitness center	Abs and Arms- deep stretch (Janet Rm.110)		
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Abs & Arms- Define your core and strengthen your arms in this unique and challenging workout. This class is designed for sculpting arms, abs, and giving you a chiseled physique. Followed by deep stretching.

Cardio & Weights- Want to get a full body workout in? Toning *AND* Cardio?? Then this is the class for you! This class concentrates on longer cardiovascular components interspaced with intervals for weight challenges. This class will involve upper and/or lower body work during the sculpting portion using dumbbells.

Pilates- Pilates is a total body conditioning exercise method combining flexibility and strength. It improves balance and posture by focusing on the core.

Yoga- This energizing class welcomes all fitness levels. Push your strength and flexibility to new heights using yoga poses that focus on breathing and stretching. You will leave feeling relaxed and rejuvenated.

Yo-Lates- In this class, we combine pilates and yoga for a total body workout focused on toning the glutes, thighs and stomach. ... Develop your core strength and stabilization through pilates poses, and improve your flexibility, muscular strength, posture and alignment through yoga poses, breathing and relaxation.

Spin- A high energy class with great music and motivating Instructors riding a varied mixture of flats, hills & sprints while burning calories all the way!