

YWCA IS ON A MISSION

Talkington Sun 'n Fun Fall Fitness Class Schedule

Talkington Fitness
Center

6204 Elgin

806-771-0184

www.ywcalubbock.org

TIME	MON	TUE	WED	THU	FRI	SAT
6:15 A.M.	Spin (Travis) 30 min. Fitness center	Spin (Stephanie) 30 min. Fitness center	Spin (Stephanie) 30 min. Fitness center	Spin (Travis) 30 min. Fitness center		
8:00 A.M.						
8:30 A.M.	Yoga (Janet) 110 Rm.	Pilates (Shelia Rm.110)	Yoga (Janet) 110 Rm.	Pilates (Shelia Rm. 110)	Yoga (Janet) 110 Rm.	
10:30 A.M.						Kickboxing (Rm. 110 Stephanie)
5:30 P.M.	Cardio & Weights Room 110 (Travis)		Cardio & Weights Room 110 (Travis)			
6:00 P.M.		Spin-Fitness center (Travis) 30 min. Zumba (Rm. 110 Stephanie R)		Spin-Fitness center (Stephanie) 30 min. Zumba (Rm. 110 Stephanie R.)	Kickboxing (Rm. 110 Stephanie)	
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. 108)	Spin (Travis) 30 min. Fitness center	Abs and Arms- deep stretch (Janet Rm.108)		
7:00 P.M.		Kickboxing (Rm. 110 Stephanie)		Kickboxing (Rm. 110 Stephanie)		
						Updated 12/6/2017