

YWCA IS ON A MISSION

Talkington Sun 'n Fun 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 (Stephanie) 30 min. Fitness center		Spin (Stephanie) 30 min. Fitness center			
8:00 A.M.	Yoga (Janet) 110 Rm.		Yoga (Janet) 110 Rm.		Yoga (Janet) 110 Rm.	
8:30 A.M.		Pilates (Shelia Rm.110)		Pilates (Shelia Rm. 110)		
9:00 A.M.	Yoga (Janet) 110Rm.		Yoga (Janet) 110 Rm.		Yoga (Janet) 110 Rm.	
10:30 A.M.						Kickboxing (Rm. 110 Stephanie)
5:30 P.M.	Cardio & Weights Fitness Center (Janet)	Spin-Fitness Center (Janet) 30min	Cardio & Weights Fitness Center (Janet)	Spin-Fitness Center (Janet) 30min.		
6:00 P.M.	Yo-Lates (Janet) Rm. 110	Zumba (Rm. 110 Stephanie R)	Yo-Lates (Janet) Rm.110	Zumba (Rm. 110 Stephanie R.)	Kickboxing (Rm. 110 Stephanie)	
6:15 P.M.						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)		Abs and Arms- deep stretch (Janet Rm.108)		
7:00 P.M.		Adult Basketball (Gym 7- 9pm) Kickboxing Rm110		Kickboxing (Rm. 110 Stephanie)		
						Updated 02/26/2018