



Talkington Sun 'n Fun Fitness Class Schedule May 2018

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.	Pool Side Yoga (Janet)	Dance Aqua-Fit (Janet-pool)	Pool Side Yoga (Janet)	Dance Aqua-Fit (Janet-pool)	Pool Side Yoga (Janet)	
8:30 A.M.		Pilates (Shelia)		Pilates (Shelia)		
9:00 A.M.						
10:30 A.M.						Kickboxing (Rm. 110 Stephanie)
5:30 P.M.	Cardio & Weights Fitness Center (Janet)	Spin-Fitness Center (Travis) 30min	Cardio & Weights Fitness Center (Janet)	Spin-Fitness Center (Travis) 30min.		
6:00 P.M.						
6:15 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	
6:30 P.M.	Spin (Stephanie) 30 min. Fitness center	Abs and Arms-deep stretch (Travis) Rm. 108)		Abs and Arms-deep stretch (Travis) Rm.108)		
7:00 P.M.		Adult Basketball (Gym 7-9pm) Kickboxing Rm110		Kickboxing (Rm. 110 Stephanie)		
						Updated 05/09/2018