



# Talkington Sun 'n Fun Fitness Class Schedule

Talkington  
Fitness Center

6204 Elgin Ave  
Lubbock, TX

806-771-0184

www.ywcalubbock.org

TIME	Mon	Tue	Wed	Thu	Fri	Sat
5:30 A.M.— 9:00 A.M.	<b>Lap Swim</b> 2 Lap Lanes	<b>Lap Swim</b> 2 Lap Lanes	<b>Lap Swim</b> 2 Lap Lanes	<b>Lap Swim</b> 2 Lap Lanes	<b>Lap Swim</b> 2 Lap Lanes	
6:00 A.M.— 8:00 A.M.	<b>Swim Team</b> 2 Lap Lanes	<b>Swim Team</b> 2 Lap Lanes	<b>Swim Team</b> 2 Lap Lanes	<b>Swim Team</b> 2 Lap Lanes	<b>Swim Team</b> 2 Lap Lanes	
6:15 A.M.	<b>Spin</b> <i>Stephanie (FC)</i>		<b>Spin</b> <i>Stephanie (FC)</i>			
8:00 A.M.	<b>Shallow Water Fitness</b> <i>(Linda/Tana)</i> <b>Pool Side Yoga Janet</b>	<b>Dance Aqua-Fit</b> <i>Janet (Pool)</i>	<b>Shallow Water Fitness</b> <i>(Linda/Tana)</i> <b>Pool Side Yoga Janet</b>	<b>Dance Aqua-Fit</b> <i>Janet (Pool)</i>	<b>Shallow Water Fitness</b> <i>(Linda/Tana)</i> <b>Pool Side Yoga Janet</b>	<b>Lap Lanes</b> 8:00 A.M. to 10:00 A.M. <i>Swim Team &amp; Lap Swim</i>
8:30 A.M.		<b>Pilates</b> <i>Ruth (Rm.110)</i>		<b>Pilates</b> <i>Ruth (Rm.110)</i>		
9:00 A.M.	<b>Yoga</b> <i>Janet (Rm.110)</i>	<b>Step Senior Exercise</b> <i>Linda/Tana (Gym)</i>	<b>Yoga</b> <i>Janet (Rm.110)</i>	<b>Step Senior Exercise</b> <i>Linda/Tana (Gym)</i>	<b>Yoga</b> <i>Janet (Rm.110)</i>	
10:30 A.M.						<b>Kickboxing</b> <i>Stephanie (Rm. 110)</i>
5:30 P.M.	<b>Cardio &amp; Weights</b> <i>Janet (FC)</i>	<b>Spin</b> <i>Travis (FC)</i>	<b>Cardio &amp; Weights</b> <i>Janet (FC)</i>	<b>Spin</b> <i>Travis (FC)</i>		
6:15 P.M.	<b>Yo-Lates</b> <i>Janet (Rm.110)</i>	<b>Zumba</b> <i>Stephanie (Rm. 110)</i>	<b>Yo-Lates</b> <i>Janet (Rm.110)</i>	<b>Zumba</b> <i>Stephanie (Rm. 110)</i>	<b>Kickboxing</b> <i>Stephanie (Rm. 110)</i>	
6:30 P.M.	<b>Spin</b> <i>Stephanie (FC)</i>	<b>Abs &amp; Arms Deep Stretch</b> <i>Travis (Rm. 108)</i>		<b>Abs &amp; Arms Deep Stretch</b> <i>Travis (Rm. 108)</i>		
7:00 P.M.		<b>Adult Basketball</b> 7pm to 9pm (Gym) <b>Kickboxing</b> <i>Stephanie (Rm. 110)</i>		<b>Kickboxing</b> <i>Stephanie (Rm. 110)</i>		Updated 06/27/2018