

YWCA IS ON A MISSION

Talkington Sun 'n Fun Fitness Class Schedule Begins June 11th 2018

Talkington Fitness
Center

6204 Elgin

806-771-0184

www.ywcalubbock.org

TIME	MON	TUE	WED	THU	FRI	SAT
5:30am-9am	2 Lap Lanes Lap Swim	2 Lap Lanes Lap Swim	2 Lap Lanes Lap Swim	2 Lap Lanes Lap Swim	2 Lap Lanes Lap Swim	
6-8 A.M.	2 Lap Lanes Swim Team	2 Lap Lanes Swim Team	2 Lap Lanes Swim Team	2 Lap Lanes Swim Team	2 Lap Lanes Swim Team	
8:00 A.M.	Shallow Water Fitness (Linda/Tana) Yoga Pool Side (Janet)	Dance Aqua-Fit (Janet-pool)	Shallow Water Fitness (Linda/Tana) Yoga Pool Side (Janet)	Dance Aqua-Fit (Janet-pool)	Shallow Water Fitness (Linda/Tana) Yoga Pool Side (Janet)	8-10am- Swim Team 2 Laps Lanes/ Lap Swim 2 Lap Lanes
8:30 A.M.		Pilates (Ruth) Rm.110		Pilates Rm.110 Ruth		
9:00 A.M.	Yoga Rm. 110 (Janet)	Step Senior Exercise (Gym Linda/Tana)	Yoga Rm. 110 (Janet)	Step Senior Exercise (Gym Linda/Tana)	Yoga Rm. 110 (Janet)	
10:30 A.M.						Kickboxing Rm. 110 Stephanie
5:30P.M.	Cardio & Weights Fitness Center (Janet)	Spin-Fitness Center (Travis) 30min	Cardio & Weights Fitness Center (Janet)	Spin-Fitness Center (Travis) 30min		
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 06/04/2018