

Schedule Effective:

MAY 6, 2019

J.T. & MARGARET TALKINGTON
YWCA
fitness & aquatics

YWCA of Lubbock
 6204 Elgin Ave.
 Lubbock, TX
 806.771.0184

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
5:30-9:00am Pool	Open Lap Swim	5:30-9:00am Pool	Open Lap Swim	5:30-9:00am Pool	Open Lap Swim	5:30-9:00am Pool	Open Lap Swim	5:30-9:00am Pool	Open Lap Swim	9:00-9:45am Fitness Center	Kickboxing Ariel
6:00-6:45am Fitness Center	Spin Class Emily	8:00-9:00am Pool	Dance Aqua Fit Janet	6:00-6:45am Fitness Center	Spin Class Emily	8:00-9:00am Pool	Dance Aqua Fit Janet	8:00-8:45am Pool	Shallow Water Fitness Linda		
8:00-8:45am Pool	Shallow Water Fitness Linda	9:00-9:30am Gym	Seniorcise Linda	8:00-8:45am Pool	Shallow Water Fitness Linda	9:00-9:30am Gym	Seniorcise Linda	8:00-9:00am Pool Side	Yoga Janet		
8:00-9:00am Pool Side	Yoga Janet	5:30-6:00pm Fitness Center	Spin Class Janet	8:00-9:00am Pool Side	Yoga Janet	5:30-6:00pm Fitness Center	Spin Class Janet	9:00-9:30am Gym	Seniorcise Linda		
9:00-9:30am Gym	Seniorcise Linda	6:15-6:45pm Rm 110	Zumba Ariel	9:00-9:30am Gym	Seniorcise Linda	6:15-6:45pm Rm 110	Zumba Ariel	9:45-10:30am Gym	Seniorcise Robin		
9:45-10:30am Gym	Seniorcise Robin	6:15-6:45pm Rm 108	Abs & Arms Janet	9:45-10:30am Gym	Seniorcise Robin	6:15-6:45pm Rm 108	Abs & Arms Janet	6:00-7:00pm Rm 110	Zumba Laura		
6:00-7:00pm Rm 110	Zumba Laura	7:00-7:45pm Fitness Center	Kickboxing Ariel	6:15-7:00pm Rm 110	Yin Yoga Brian	7:00-7:45pm Fitness Center	Kickboxing Ariel				
6:15-7:00pm Fitness Center	Spin Class Ruth			6:15-7:00pm Fitness Center	Spin Class Ruth						

SUNDAY

2:00-3:00pm
Rm 110

Zumba
Laura



See our updated fitness & aquatics schedule from your mobile device. **DOWNLOAD OUR APP**



YWCA IS ON A MISSION
 ywcalubbock.org