

Schedule Effective:

**AUGUST 19, 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	
5:30-6:15am Fitness Center	<b>Spin Class</b> <i>(Beginner)</i> Emily	8:30-9:15am Rm 107	<b>HIT</b> Laura	5:30-6:15am Fitness Center	<b>Spin Class</b> <i>(Beginner)</i> Emily	8:30-9:15am Rm 107	<b>HIT</b> Laura	8:00-9:00am Rm 108	<b>Yoga</b> Janet	8:00-9:00am Rm 108	<b>Yoga</b> <i>(Beginner)</i> Janet
8:00-9:00am Rm 108	<b>Yoga</b> Janet	9:00-10:00am Rm 110	<b>Pilates</b> Janet	8:00-9:00am Rm 108	<b>Yoga</b> Janet	9:00-10:00am Rm 110	<b>Pilates</b> Janet	8:45-9:30am Gym	<b>Step Seniorcise</b> Linda	9:00-9:45am Fitness Center	<b>Spin</b> Ruth
8:45-9:30am Gym	<b>Step Seniorcise</b> Linda	9:00-9:45am Gym	<b>Step Seniorcise</b> Linda	8:45-9:30am Gym	<b>Step Seniorcise</b> Linda	9:00-9:45am Gym	<b>Step Seniorcise</b> Linda	9:45-10:45am Gym	<b>Seniorcise</b> Robin	10:00-11:00am Fitness Center	<b>Kickboxing</b> Ariel
9:45-10:45am Gym	<b>Seniorcise</b> Robin	9:30-10:15am Rm 107	<b>Zumba</b> Laura	9:45-10:45am Gym	<b>Seniorcise</b> Robin	9:30-10:15am Rm 107	<b>Zumba</b> Laura	10:30-11:15am Rm 107	<b>Virtual Ride</b>		
10:30-11:15am Rm 107	<b>Virtual Ride</b>	10:30-11:15am Rm 107	<b>Virtual Ride</b>	10:30-11:15am Rm 107	<b>Virtual Ride</b>	10:30-11:15am Rm 107	<b>Virtual Ride</b>	11:00-11:45am Fitness Center	<b>Spin</b> <i>(Advanced)</i> Laura		
6:00-7:00pm Rm 108	<b>Zumba</b> Laura	5:30-6:00pm Fitness Center	<b>Abs &amp; Arms</b> Janet	6:00-7:00pm Rm 108	<b>Yin Yoga</b> Brian	5:30-6:00pm Fitness Center	<b>Abs &amp; Arms</b> Janet	6:00-7:00pm Rm 108	<b>Zumba</b> Ariel		
6:00-6:45pm Fitness Center	<b>Spin Class</b> Ruth	6:00-6:45pm Fitness Center	<b>Spin</b> <i>(Beginner)</i> Janet	6:00-7:00pm Gym	<b>Kids Fun Fit</b> <b>(Ages 5-12)</b> Ronda	6:00-6:45pm Fitness Center	<b>Spin</b> <i>(Beginner)</i> Janet	6:00-7:00pm Gym	<b>Kids Fun Fit</b> <b>(Ages 5-12)</b> Ronda		
6:00-7:00pm Gym	<b>Kids Fun Fit</b> <b>(Ages 5-12)</b> Janet	6:00-7:00pm Rm 108	<b>Zumba</b> Ariel			6:00-7:00pm Rm 108	<b>Zumba</b> Ariel				
		7:00-7:45pm Fitness Center	<b>Kickboxing</b> Ariel			7:00-7:45pm Fitness Center	<b>Kickboxing</b> Ariel				
<p><i>Can't make it to our scheduled spin virtual ride? Call us to schedule a time and ask about other virtual classes. Chris Gonzales (806)776-9514</i></p>											
										SUNDAY	
										2:00-3:00pm Rm 108	<b>Zumba</b> Laura



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**YWCA IS ON A MISSION**  
 ywcalubbock.org