

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	Spin Class <i>(Beginner)</i> Emily	8:00-8:45am Fitness Center	Pilates Janet	5:30-6:15am Fitness Center	Spin Class <i>(Beginner)</i> Emily	8:00-8:45am Fitness Center	Pilates Janet	8:00-9:00am Rm 108	Yoga Janet	8:00-9:00am Rm 108	Yoga <i>(Beginner)</i> Janet
8:00-9:00am Rm 108	Yoga Janet	8:30-9:15am Rm 107	HIT Laura	8:00-9:00am Rm 108	Yoga Janet	8:30-9:15am Rm 107	HIT Laura	8:45-9:30am Gym	Step Seniorcise Linda	9:00-9:45am Fitness Center	Spin Ruth
8:45-9:30am Gym	Step Seniorcise Linda	9:00-9:45am Gym	Step Seniorcise Janet	8:45-9:30am Gym	Step Seniorcise Linda	9:00-9:45am Gym	Step Seniorcise Janet	9:45-10:45am Gym	Seniorcise Robin	10:00-11:00am Fitness Center	Kickboxing Ariel
9:45-10:45am Gym	Seniorcise Robin	9:30-10:15am Rm 107	Zumba Laura	9:45-10:45am Gym	Seniorcise Robin	9:30-10:15am Rm 107	Zumba Laura	10:30-11:15am Rm 107	Virtual Ride		
10:30-11:15am Rm 107	Virtual Ride	10:30-11:15am Rm 107	Virtual Ride	10:30-11:15am Rm 107	Virtual Ride	10:30-11:15am Rm 107	Virtual Ride	11:00-11:45am Fitness Center	Spin <i>(Advanced)</i> Laura		
6:00-7:00pm Rm 108	Zumba Laura	5:30-6:00pm Fitness Center	Abs & Arms Janet	6:00-7:00pm Rm 108	Yin Yoga Brian	5:30-6:00pm Fitness Center	Abs & Arms Janet	6:00-7:00pm Rm 108	Zumba Ariel		
6:00-6:45pm Fitness Center	Spin Class Ruth	6:00-6:45pm Fitness Center	Spin <i>(Beginner)</i> Janet	6:00-7:00pm Gym	Kids Fun Fit (Ages 5-12) Ronda	6:00-6:45pm Fitness Center	Spin <i>(Beginner)</i> Janet	6:00-7:00pm Gym	Kids Fun Fit (Ages 5-12) Ronda		
6:00-7:00pm Gym	Kids Fun Fit (Ages 5-12) Hannah	6:00-7:00pm Rm 108	Zumba Ariel			6:00-7:00pm Rm 108	Zumba Ariel				
		7:00-7:45pm Fitness Center	Kickboxing Ariel			7:00-7:45pm Fitness Center	Kickboxing 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

Zumba
Laura



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



YWCA IS ON A MISSION
 ywcalubbock.org