

Schedule Effective:

JANUARY 2, 2020

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 Gym	Circuit Training Rhonda	8:00-8:45am Fitness Center	Pilates Janet	8:00-9:00am Rm 108	Yoga Janet	9:00-9:45am Fitness Center	Spin Ruth
8:00-9:00am Rm 108	Yoga Janet	8:30-9:15am Rm 107	HIT Laura	5:30-6:15am Fitness Center	Spin Class <i>(Beginner)</i> Emily	8:30-9:15am Rm 107	HIT Laura	8:45-9:30am Gym	Step Seniorcise Linda	10:00-10:45am Fitness Center	Kickboxing Ariel
8:45-9:30am Gym	Step Seniorcise Linda	9:00-9:45am Gym	Senior Chair Yoga Janet	8:00-9:00am Rm 108	Yoga Janet	9:00-9:45am Gym	Senior Chair Yoga Janet	9:45-10:45am Gym	Seniorcise Robin		
9:45-10:45am Gym	Seniorcise Robin	5:30-6:00pm Fitness Center	Abs & Arms Janet	8:45-9:30am Gym	Step Seniorcise Linda	5:30-6:00pm Fitness Center	Abs & Arms Janet	6:00-7:00pm Rm 108	Zumba Ariel		
6:00-7:00pm Rm 108	Zumba Laura	6:00-6:45pm Fitness Center	Spin <i>(Beginner)</i> Janet	9:45-10:45am Gym	Seniorcise Robin	6:00-6:45pm Fitness Center	Spin <i>(Beginner)</i> Janet	6:00-6:45pm Gym	Kids Fun Fit (Ages 5-12) Ronda		
6:00-6:45pm Fitness Center	Spin Class Ruth	6:00-7:00pm Rm 108	Zumba Ariel	6:00-7:00pm Rm 108	Yin Yoga Brian	6:00-7:00pm Rm 108	Zumba Ariel			SUNDAY	
		7:00-7:45pm Fitness Center	Kickboxing Ariel	6:00-6:45pm Gym	Kids Fun Fit (Ages 5-12) Ronda	7:00-7:45pm Fitness Center	Kickboxing Ariel			2:00-3:00pm Rm 108	Zumba Laura
		6:00pm-6:45pm Gym	Circuit Training Rhonda								

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YWCA IS ON A MISSION
 ywcalubbock.org

Abs & Arms- Define your core and strengthen your arms in this unique and challenging workout. This class is designed for sculpting arms, abs, and giving you a chiseled physique

Kickboxing- is a group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

Seniorcise- Come meet new friends and enjoy this easy-to-follow workout designed for seniors that will increase your energy and stamina. The included use of lightweight dumbbells helps to improve muscle strength and bone density.

Yoga- This energizing class welcomes all fitness levels. Push your strength and flexibility to new heights using yoga poses that focus on breathing and stretching. You will leave feeling relaxed and rejuvenated.

Circuit Training- is a fast-paced class in which you do one exercise for 30 seconds to 1 minutes and then move on to another exercise. This will give attention to all major postural muscles and trigger a tabata like effect activating both fast and slow twitch muscle fibers. You will be sure to sweat!

ZUMBA® – Zumba features exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy, effective, and totally exhilarating!

Spin- This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises.

Yin Yoga Pranayama- targets the body's connective tissue. Unlike our Vinyasa (yang) practice, yin yoga is a slower paced class with long held passive poses doing wonders for joint health, flexibility, circulation, and mental focus.

Step Seniorcise- Join a community of seniors and older adults for a total-body workout appropriate for any fitness level. This class is designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance.

HIIT- is a full-body workout. The class is a rigorous interval training sequence with high-intensity exercises. It builds cardiovascular fitness while improving muscular strength and endurance. People are challenged to push to their limits and walk out feeling strong.

Pilates- this class is designed to challenge the beginner and the practicing Pilates student. Mat classes are a great way to learn the fundamental principles of the Pilates method. Pilates is a full body-conditioning program comprised of a series of approximately 500 designed movements performed on a mat and/or on specific apparatus. Pilates improves strength, flexibility, balance, control and muscular symmetry. The rhythmic exercises promote elongated and toned muscles, and are noted for developing abdomen, lower back and buttocks strength, and create a strong body core.

Senior Chair Yoga- Improve your strength, flexibility, and mobility through standing or seated yoga poses specially adapted for seniors (55 and older) at any level of health and fitness. Chairs and props are provided to keep everyone safe and supported—no need to bring a yoga mat.

Kids Fun Fit- This class will include the fundamentals of fitness agility, balance, coordination and strength training drills. Introduction to basic components to fitness, cardiovascular and strength. Sports skills and drills, fitness games.