

Schedule Effective:  
**AUGUST 24, 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	
6:00-6:30am Rm 108	<b>Spin Class</b> Janet	6:00-6:45am Gym	<b>HIT</b> Laura	5:30-6:15am Gym	<b>Circuit Training</b> Rhonda	6:00-6:45am Gym	<b>HIT</b> Laura	9:45-10:45am Gym	<b>Seniorcise</b> Robin	9:00-9:45am Rm 108	<b>Spin Class</b> Laura
9:45-10:45am Gym	<b>Seniorcise</b> Robin	9:00-9:45am Gym	<b>Senior Chair Yoga</b> Janet	5:30-6:15am Rm 108	<b>Spin Class</b> Laura	9:00-9:45am Gym	<b>Senior Chair Yoga</b> Janet	10:30-11:30am Rm 108	<b>Yoga</b> Janet	10:00-10:45am Rm 108	<b>Kickboxing</b> Laura
10:30-11:30pm Rm 108	<b>Yoga</b> Janet	6:00-6:45pm Rm 108	<b>Spin Class</b> Laura	9:45-10:45am Gym	<b>Seniorcise</b> Robin	6:00-6:45pm Rm 108	<b>Spin Class</b> Laura				
6:00-6:45pm Rm 108	<b>Spin Class</b> Laura	6:00-6:45pm Fitness Center	<b>Circuit Training</b> Ronda	10:30-11:30am Rm 108	<b>Yoga</b> Janet	6:00-6:45pm Gym	<b>Circuit Training</b> Ronda				
		7:00-7:45pm Gym	<b>Zumba</b> Laura	6:00-6:45pm Gym	<b>Circuit Training</b> Rhonda	7:00-7:45pm Gym	<b>Zumba</b> Laura				
		7:00-7:45pm Rm 108	<b>Kickboxing</b> Ronda			7:00-7:45pm Rm 108	<b>Kickboxing</b> Ronda				
										SUNDAY	
										2:00-3:00pm Gym	<b>Zumba</b> Laura



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from your mobile device. **DOWNLOAD OUR APP**



**YWCA IS ON A MISSION**  
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