Schedule Effective:
**SEPTEMBER 21, 2020**

J.T. & MARGARET TALKINGTON
# YWCA
fitness & aquatics

YWCA of Lubbock
6204 Elgin Ave.
Lubbock, TX
806.771.0184

## MONDAY

| | |
|---|---|
| 5:30-6:15am Rm 108 | **Spin Class** Laura |
| 9:45-10:45am Gym | **Seniorcise** Robin |
| 9:45-10:45am Rm 108 | **Yoga** Janet |
| 6:00-6:45pm Gym | **HIIT** Maddie |
| 6:00-7:00pm Rm 108 ***Starts Oct. 5*** | **Barre-Yoga Fusion** Kim |

## TUESDAY

| | |
|---|---|
| 5:30-6:15am Rm 108 | **HIT** Laura |
| 9:00-9:45am Gym | **Senior Chair Yoga** Janet |
| 6:00-6:45pm Rm 108 | **Spin Class** Maddie |
| 6:00-6:45pm Gym | **Circuit Training** Ronda |
| 7:00-7:45pm Gym | **Zumba** Christy |
| 7:00-7:45pm Rm 108 | **Kickboxing** Ronda |

## WEDNESDAY

| | |
|---|---|
| 5:30-6:15am Gym | **Circuit Training** Ronda |
| 5:30-6:15am Rm 108 | **Spin Class** Laura |
| 9:45-10:45am Gym | **Seniorcise** Robin |
| 9:45-10:45am Rm 108 | **Yoga** Janet |
| 6:00-6:45pm Rm 108 | **Circuit Training** Rhonda |

## THURSDAY

| | |
|---|---|
| 5:30-6:15am Rm 108 | **HIT** Laura |
| 9:00-9:45am Gym | **Senior Chair Yoga** Janet |
| 6:00-6:45pm Rm 108 | **Spin Class** Janet |
| 6:00-6:45pm Gym | **Circuit Training** Ronda |
| 7:00-7:45pm Gym | **Zumba** Neil |
| 7:00-7:45pm Rm 108 | **Kickboxing** Ronda |

## FRIDAY

| | |
|---|---|
| 9:45-10:45am Gym | **Seniorcise** Robin |
| 9:45-10:45am Rm 108 | **Yoga** Janet |

## SATURDAY

| | |
|---|---|
| 9:00-9:45am Rm 108 | **HIIT** Maddie |
| 10:00-10:45am Rm 108 | **Kickboxing** Ronda |

## SUNDAY

| | |
|---|---|
| 2:00-3:00pm Gym | **Zumba** Christy |

YWCA OF LBK

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**YWCA IS ON A MISSION**

**ywcalubbock.org**