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

**Schedule Effective:**
**SEPTEMBER 21, 2020**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
</table>
| 5:30-6:15am
Rm 108 | Spin Class
Laura | Spin Class
Laura | HIT Laura | HIT Laura | 9:45-10:45am
Gym | 9:45-10:45am
Gym |
| 9:45-10:45am
Gym | Seniorcise
Robin | 9:00-9:45am
Gym | 9:00-9:45am
Gym | Seniorcise
Robin | 9:45-10:45am
Gym |
| 9:45-10:45am
Gym | Yoga
Janet | 9:45-10:45am
Gym | 9:00-9:45am
Gym | Yoga
Janet | 9:45-10:45am
Gym |
|瑜伽 | Yoga
Janet | Yoga
Janet | Yoga
Janet | Yoga
Janet | Yoga
Janet |
| 5:30-6:15am
Rm 108 | HIT Laura | 6:00-6:45pm
Gym | 9:00-9:45am
Gym | 6:00-6:45pm
Gym | Yoga
Janet |
| 9:45-10:45am
Gym | Chair Yoga
Janet | 9:45-10:45am
Gym | 6:00-6:45pm
Gym | 9:45-10:45am
Gym | 6:00-6:45pm
Gym |
| 6:00-6:45pm
Gym | Spin Circuit Combo
Ronda | 6:00-6:45pm
Gym | 6:00-6:45pm
Gym | Spin Class
Janet | 6:00-6:45pm
Gym |
| 7:00-7:45pm
Gym | Zumba
Christy | 7:00-7:45pm
Gym | 7:00-7:45pm
Gym | Circuit Training
Ronda | 7:00-7:45pm
Gym |
| 7:00-7:45pm
Rm 108 | Kickboxing
Ronda | 7:00-7:45pm
Rm 108 | 7:00-7:45pm
Rm 108 | Kickboxing
Ronda | Kickboxing
Ronda |

### SUNDAY

2:00-3:00pm
Gym

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

**YWCA IS ON A MISSION**

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**ywcalubbock.org**