

Schedule Effective:

JUNE 1, 2021

J.T. & MARGARET TALKINGTON
YWCA
fitness & aquatics

YWCA of Lubbock
 6204 Elgin Ave.
 Lubbock, TX
 806.771.0184

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
5:30-6:00am Rm 108	Spin/Circuit Ronda	5:30-6:00am Gym	HIIT Ronda	5:30-6:00am Rm 108	Express Zumba Neil	5:30am-6:00am Gym	HIIT Ronda	5:30-6:00am Rm 108	Circuit Ronda	9:00-9:45am Rm 108	HIIT Ronda
8:30-9:30am Fitness Center	Yoga Janet	9:00-10:00am Gym	Chair Yoga Janet	8:30-9:30am Fitness Center	Yoga Janet	9:00-10:00am Gym	Chair Yoga Janet	8:30-9:30am Fitness Center	Yoga Janet		
9:45-10:45am Gym	Seniorcise Robin	9:30-10:15am Fitness Center	Functional Fitness Monica	9:45-10:45am Gym	Seniorcise Robin	6:00-6:45pm Fitness Center	Circuit Training Ronda	9:45-10:45am Gym	Seniorcise Robin		
6:00-6:45pm Fitness Center	HIIT Ronda	6:00-6:45pm Fitness Center	Spin/Circuit Ronda	6:00-6:45pm Fitness Center	Circuit Training Ronda	7:00-7:45pm Fitness Center	Kickboxing Ronda	5:30-6:30pm Fitness Center	Zumba Christy		
6:00-7:00pm Rm 108	Barre Yoga Fusion Kim	7:00-7:45pm Fitness Center	Kickboxing Ronda	7:00-7:45pm Fitness Center	Zumba Christy	7:00-7:45pm Gym	Pound Neil				
7:00-7:45pm Fitness Center	Zumba Neil	7:00-7:45pm Rm 108	Pound Neil								
											SUNDAY

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YWCA IS ON A MISSION
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