

Schedule Effective:
NOVEMBER 13, 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 Rm 108	Spin Class Ronda	5:30-6:15am Rm 108	HIT Ronda	5:30-6:15am Rm 108	Spin Class Ronda	9:00-9:45am Gym	Chair Yoga Janet	9:45-10:45am Gym	Seniorcise Robin	9:00-9:45am Rm 108	HIIT Ronda
9:45-10:45am Gym	Seniorcise Robin	9:00-9:45am Gym	Chair Yoga Janet	9:45-10:45am Gym	Seniorcise Robin	6:00-6:45pm Rm 108	Spin Class Janet	9:45-10:45am Rm 108	Yoga Janet	10:00-10:45am Rm 108	Kickboxing Ronda
9:45-10:45am Rm 108	Yoga Janet	6:00-6:45pm Gym	Spin-Circuit Combo Ronda	9:45-10:45am Rm 108	Yoga Janet	6:00-6:45pm Gym	Circuit Training Ronda				
6:00-6:45pm Gym	HIIT Ronda	7:00-7:45pm Rm 108	Kickboxing Ronda	6:00-6:45pm Rm 108	Circuit Training Ronda	7:00-7:45pm Gym	Zumba Neil				
6:00-7:00pm Rm 108 <i>*Starts Oct. 5*</i>	Barre-Yoga Fusion Kim			7:00-7:45pm Gym	Zumba Christy	7:00-7:45pm Rm 108	Kickboxing Ronda				
										SUNDAY	
										2:00-3:00pm Gym	Zumba Christy

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



YWCA IS ON A MISSION
 ywcalubbock.org