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J.T. & MARGARET TALKINGTON

YWCA
fitness & aquatics

Effective 10/15/21

806.771.0184

6204 Elgin Avenue
Lubbock, TX 79413
ywcalubbock.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:00 a.m. <u>Spin-Strength Circuit</u> Ronda Room 108	5:30-6:00 a.m. <u>Tabata</u> Ronda Gym	5:30-6:00 a.m. <u>Kettlebell Circuit</u> Ronda Fitness Center	5:30-6:00 a.m. <u>HIIT</u> Ronda Gym	5:30-6:00 a.m. <u>Circuit</u> Ronda Gym	9:00-9:45 a.m. <u>HIIT</u> Ronda Room 108
8:30-9:30 a.m. <u>Yoga</u> Julie Room 108	9:00-10:00 a.m. <u>Chair Yoga</u> Liz Gym	8:30-9:30 a.m. <u>Yoga</u> Julie Room 108	9:00-10:00 a.m. <u>Chair Yoga</u> Liz Gym	8:30-9:30 a.m. <u>Yoga</u> Julie Room 108	*no class Saturday, Nov. 6th - join us for a Run 'n Brunch at Leftwich Park at 9 a.m.
9:45-10:45 a.m. <u>Seniorcise</u> Robin Gym	9:30-10:15 a.m. <u>Functional Fitness</u> Monica Room 108	9:45-10:45 a.m. <u>Seniorcise</u> Robin Gym	9:30-10:15 a.m. <u>Functional Fitness</u> Ronda Room 108	9:45-10:45 a.m. <u>Seniorcise</u> Robin Gym	
12:15-12:45 p.m. <u>Bikes-Bands</u> Ronda Room 108	5:30-6:00 p.m. <u>Barre-Band</u> Ronda Fitness Center	12:15-12:45 p.m. <u>Tabata</u> Monica Room 108	5:30-5:50 p.m. <u>20 Minute HIIT</u> Ronda Room 108	12:15-12:45 p.m. <u>Express Spin</u> Monica Room 108	
6:00-6:30 p.m. <u>HIIT</u> Ronda Fitness Center	6:00-6:45 p.m. <u>Spin Circuit</u> Ronda Room 108	6:00-6:45 p.m. <u>Kid's* Fit Camp</u> age 6 & up Christy Multipurpose/Park	6:00-6:45 p.m. <u>Strength Circuit</u> Ronda Room 108	5:30-6:30 p.m. <u>Zumba</u> Christy Room 108	
6:00-7:00 p.m. <u>Barre Fusion</u> Kim Room 108	7:00-7:30 p.m. <u>Cardio Kickboxing</u> Ronda Fitness Center	6:00-6:30 p.m. <u>Kettlebell Circuit</u> Monica Fitness Center	7:00-7:30 p.m. <u>Kickboxing Circuit</u> Ronda Fitness Center		
7:00-7:45 p.m. <u>Zumba</u> Christy Room 108			7:00-7:45 p.m. <u>POUND</u> Neil Gym		

SUNDAY

NO CLASSES

FITNESS CLASS BREAKDOWN

BARRE-BAND

Tue. 5:30-6:00 p.m.

Pilates barre core workout to challenge balance, strength and mental engagement. Multiple pieces of equipment will be used.

BARRE-FUSION

Mon. 6:00-7:00 p.m.

A total body workout utilizing body weight and higher reps to tone & strengthen. Provides a low impact, high energy workout.

BIKES • BALLS • BANDS

Mon. 12:15-12:45 p.m.

Combination class with spin bikes, exercise balls and resistance bands.

CIRCUIT

Fri. 5:30-6:00 a.m.

High volume, low resistance workout - improves muscle tone and definition, while improving cardiovascular fitness.

FUNCTIONAL FITNESS

Tue. 9:30-10:15 a.m. & Thu. 9:30-10:15 a.m.

Functional cardio movement and strength patterns designed to increase flexible strength for daily living.

HIIT

Mon. 6-6:30 p.m. & Thu. 5:30-5:50 p.m. & Sat. 9:00-9:45 a.m.

A rigorous interval training sequence with high-intensity exercises. Combines resistance training with plyometric moves.

KETTLEBELL - CIRCUIT

Wed. 5:30-6 a.m. & Wed. 6-6:30 p.m.

This full-body kettlebell routine includes a wide range of exercises to fire up your muscles and build serious strength.

KICKBOXING - CARDIO • Tue. 7-7:30 p.m.

KICKBOXING - CIRCUIT • Thu. 7-7:30 p.m.

Full-body workout with a strong focus on core. Improves flexibility, balance, and coordination.

KID'S FIT CAMP • Wed. 6-6:45 p.m. (ages 6 and up)

This camp will expose your child to multiple forms of exercise and teach them proper nutrition, while having fun.

POUND®

Thu. 7:00-7:45 p.m.

Combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks specifically for exercising, POUND transforms drumming into a great work out.

SENIORCISE

Mon. 9:45-10:45 a.m., Wed. 9:45-10:45 a.m. & Fri. 9:45-10:45 a.m.

A low-impact, low-intensity exercise class for older adults. Includes movements that promote joint flexibility, range of motion, muscle strengthening and cardiovascular conditioning.

SPIN-CIRCUIT • Tue. 6-6:45 p.m.

SPIN-EXPRESS • Fri. 12:15-12:45 p.m.

SPIN-STRENGTH CIRCUIT • Mon. 5:30-6 a.m.

A highly effective way to build cardiovascular strength and endurance. Designed for all ages and fitness levels, Spin offers a challenging ride with fun energizing music.

YOGA

Mon. 8:30-9:30 a.m. & Wed. 8:30-9:30 a.m. & Fri. 8:30-9:30 a.m.

CHAIR YOGA

Tue. 9-10 a.m. & Thu. 9-10 a.m.

Postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. Chair Yoga is an adapted form of yoga which allows you to modify your yoga practice based on your health, your mobility, and your current ability level — it offers a practice that includes seated poses on the chair and standing poses using the chair for balance and support.

TABATA

Tue. 5:30-6 a.m. & Wed. 12:15-12:45 p.m.

This class is one form of HIIT (high intensity interval training) that is performed in sets of 20/10. You work hard for 20 seconds then rest for 10 seconds. Do this a total of 8 times = 1 Tabata (4 minutes).

ZUMBA

Mon. 7-7:45 p.m. & Fri. 5:30-6:30 p.m.

Zumba is a dance-based cardio class that targets fat loss and lean muscle toning in the upper body, lower body and core. Zumba is a high energy, rhythmic workout that offers a fun, party-like atmosphere.