

- H** High Intensity
- M** Medium Intensity
- L** Low Intensity

J.T. & MARGARET TALKINGTON
YWCA Effective 7/15/22
fitness & aquatics

806.771.0184
 6204 Elgin Avenue
 Lubbock, TX 79413
 ywcalubbock.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>5:30-6:00 a.m. H <u>Thirty Minute Fit</u> Ronda Room 108</p>		<p>5:30-6:00 a.m. H <u>Thirty Minute Fit</u> Ronda Fitness Center</p>		<p>5:30-6:00 a.m. H <u>Thirty Minute Fit</u> Ronda Fitness Center</p>	<p>9:00-9:45 a.m. H <u>HIIT</u> Ronda Room 108</p>
<p>8:30-9:30 a.m. L <u>Yoga</u> Julie Room 108</p>	<p>9:00-10:00 a.m. L <u>Chair Stretch & Tone</u> Liz 108</p>	<p>8:30-9:30 a.m. L <u>Yoga</u> Julie Room 108</p>	<p>9:00-10:00 a.m. L <u>Chair Stretch & Tone</u> Liz Gym</p>	<p>8:30-9:30 a.m. L <u>Yoga</u> Julie Room 108</p>	<p>*** July 23 *** 8:30-9:15 a.m. <u>Aquafit H2GO</u> Get 100 people in the pool for Aquafit!</p>
<p>9:45-10:45 a.m. L <u>Seniorcise</u> Robin Gym</p>	<p>9:30-10:15 a.m. H <u>Circuit Fit HIIT</u> Monica Fitness Center</p>	<p>9:45-10:45 a.m. L <u>Seniorcise</u> Robin Gym</p>	<p>9:30-10:15 a.m. H <u>Circuit Fit HIIT</u> Ronda Room 108</p>	<p>9:45-10:45 a.m. L <u>Seniorcise</u> Robin Gym</p>	
			<p>5:30-6:00 p.m. M <u>Kickboxing Circuit</u> Ronda Room 108</p>		SUNDAY
<p>6:00-6:30 p.m. H <u>Kettlebell Circuit</u> Monica Fitness Center</p>	<p>5:30-6:00 p.m. M <u>Tabata Kickboxing</u> Ronda Fitness Center</p>	<p>6:00-6:30 p.m. H <u>HIIT Circuit</u> Ronda Room 108</p>	<p>6:00-6:45 p.m. H <u>HIIT Circuit</u> Ronda Room 108</p>		NO CLASSES
<p>6:30-7:15 p.m. M <u>Zumba</u> Christy Room 108</p>	<p>6:00-6:45 p.m. M <u>Spin Circuit Combo</u> Ronda Room 108</p>				
	<p>7:00-7:45 p.m. L <u>Aquafit</u> Ronda Monica Liz Room 108</p>		<p>7:00-7:45 p.m. L <u>Aquafit</u> Ronda Monica Liz Room 108</p>		

*starts at
9:30 on
9/23

FITNESS CLASS BREAKDOWN

AQUA Fit

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

A highly effective, shallow water interval training class for all ages and fitness levels. This class is good for cardiovascular and muscular endurance, as well as agility and balance> Great for functional fitness and getting your dose of vitamin D.

THIRTY MINUTE FIT

Mon., Wed & Fri. 5:30-6:00 a.m.

Start off your day feeling energized with this total body, bootcamp style workout. Strength and cardio moves in various formats, using equipment or your own body weight, you'll never be bored in this fun yet effective class!

CIRCUIT FIT HIIT

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

Cardio and resistance training in various formats for 45 minutes with use of equipment or your own body weight. This bootcamp style class will challenge every muscle group!

HIIT

Wed. 6:00-6:30 p.m.

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

KETTLEBELL - CIRCUIT

Mon. 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 - CIRCUIT • Thu. 5:30-5:50 p.m.

A full body workout that improves flexibility, balance, strength and coordination. Kickboxing moves combined with other strength and cardio moves in various formats, you'll never be bored with this class.

SENIORCISE

Mon., Wed. & 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 COMBO • Tue. 6-6:45 p.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. & Wed. & Fri. 8:30-9:30 a.m.

CHAIR STRETCH & TONE

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 KICKBOXING

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

A full body workout focusing on your core, flexibility, balance and coordination by practice of Kickboxing moves infused with high intensity intervals. This class makes for a great stress relief and a fun workout!

ZUMBA

Mon. 7-7:45 p.m. & Fri.

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.

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.

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