

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

J.T & Margaret Talkington
YWCA Effective 8/12/22
Fitness and Aquatics

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:00 a.m. H <u>Thirty Minute Fit</u> Ronda Room 108		5:30-6:00 a.m. H <u>Thirty Minute Fit</u> Ronda Fitness Center		5:30-6:00 a.m. H <u>Thirty Minute Fit</u> Ronda Fitness Center	9:30-10:15 a.m. H <u>Circuit Fit HIIT</u> Ronda Fitness Center
8:30-9:30 a.m. L <u>Yoga</u> Julie Room 108	9:00-10:00 a.m. L <u>Chair Stretch & Tone</u> Liz Room 108	8:30-9:30 a.m. L <u>Yoga</u> Julie Room 108	9:00-10:00 a.m. L <u>Chair Stretch & Tone</u> Liz Gym	8:30-9:30 a.m. L <u>Yoga</u> Julie Room 108	
9:45-10:45 a.m. L <u>Seniorcise</u> Robin Gym	9:30-10:15 a.m. H <u>Circuit Fit HIIT</u> Monica Fitness Center	9:45-10:45 a.m. L <u>Seniorcise</u> Robin Gym	9:30-10:15 a.m. H <u>Circuit Fit HIIT</u> Ronda Fitness Center	9:45-10:45 a.m. L <u>Seniorcise</u> Robin Gym	
					SUNDAY
					NO CLASSES
5:30-6:00 p.m. L <u>Pilates Fusion</u> Monica Room 108	5:30-6:00 p.m. M <u>Tabata Kickboxing</u> Ronda Fitness Center	5:30- 6:00 p.m. L <u>Total Tone</u> Ronda Room 108	5:30-6:00 p.m. M <u>Kickboxing Circuit</u> Ronda Room 108		
6:00-6:30 p.m. H <u>Kettlebell Circuit</u> Monica Fitness Center	6:00-6:45 p.m. H <u>Circuit Fit HIIT</u> Ronda Fitness Center	6:00-6:30 p.m. H <u>HIIT</u> Ronda Room 108	6:00-6:45 p.m. H <u>Circuit Fit HIIT</u> Ronda Fitness Center		
6:30-7:15 p.m. M <u>Zumba</u> Christy Room 108					

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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.

CIRCUIT FIT HIIT • Tue/Thu/Sat. 9:30-10:15a.m. & Tue/Thu. 6-6:45p.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.

Pilates Fusion • Mon. 5:30-6:00 p.m.

A low impact yet effective workout, incorporating different exercises that focus on your core, as well as toning, stretching, and elongating all muscles.

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.

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!

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!

Total Tone • Wed. 5:30-6:00 p.m.

A total body workout using various toning equipment or your own body weight to work and elongate every muscle group. This low impact, yet effective class will get your heart pumping and muscles burning.

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.

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.