

J.T. & MARGARET TALKINGTON

Sun'n Fun

Effective 11/1/22

FITNESS & AQUATICS

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

806.771.0184

6204 Elgin Avenue
Lubbock, TX 79413
ywcalubbock.org

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 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. H <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	6:00-6:30 p.m. M <u>Circuit Fit HIIT</u> Ronda Fitness Center	6:00-6:30 p.m. <u>HIIT</u> Ronda Room 108	6:00-6:30 p.m. H <u>Circuit Fit HIIT</u> Ronda Fitness Center		