

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

Sun'n Fun

Fitness Classes

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 Fitness Center		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	
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	9:00-10:00 a.m. L <u>Chair Stretch & Tone</u> Liz Gym	8:30-9:30 a.m. L <u>Yoga</u> Julie Room 108	H
	9:30-10:15 a.m. H <u>Circuit Fit HIIT</u> Monica Fitness Center		9:30-10:15 a.m. H <u>Circuit Fit HIIT</u> Ronda Fitness Center	9:30-10:00 a.m. L <u>Samatone Meditation</u> Julie Room 108	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		9:45-10:45 a.m. L <u>Seniorcise</u> Robin Gym		9:45-10:45 a.m. L <u>Seniorcise</u> Robin Gym	
5:45-6:30 p.m. M <u>Kettlebell/Spin</u> Monica Room 108	5:45-6:30 p.m. M <u>Tabata Kickboxing</u> Ronda Fitness Center	5:45-6:30p.m. H <u>Cyclebarre</u> Liz 108	5:45-6:30 p.m. M <u>Kickboxing Circuit</u> Ronda Fitness Center	5:30-6:30 p.m. M <u>High Fit</u> Ally Room 108	SUNDAY
6:30-7:30 p.m. M <u>High Fit</u> Ally Room 108	6:30-7:30 p.m. L <u>Yoga</u> Julie Room 108	6:30-7:30 p.m. M <u>High Fit</u> Ally Room 108	6:30-7:30 p.m. L <u>Yoga</u> Julie Room 108		NO CLASSES