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**J.T. & MARGARET TALKINGTON**

# YWCA

*fitness & aquatics*

Effective 1/1/22

**806.771.0184**

6204 Elgin Avenue  
Lubbock, TX 79413  
ywc Lubbock.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>5:30-6:00 a.m.</b> <u>Thirty Minute Fit</u> Ronda Room 108		<b>5:30-6:00 a.m.</b> <u>Thirty Minute Fit</u> Ronda Fitness Center		<b>5:30-6:00 a.m.</b> <u>Thirty Minute Fit</u> Ronda Fitness Center	<b>9:00-9:45 a.m.</b> <u>HIIT</u> Ronda Room 108
<b>8:30-9:30 a.m.</b> <u>Yoga</u> Julie Room 108	<b>9:00-10:00 a.m.</b> <u>Chair Stretch &amp; Tone</u> Liz Gym	<b>8:30-9:30 a.m.</b> <u>Yoga</u> Julie Room 108	<b>9:00-10:00 a.m.</b> <u>Chair Stretch &amp; Tone</u> Liz Gym	<b>8:30-9:30 a.m.</b> <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.
<b>9:45-10:45 a.m.</b> <u>Seniorcise</u> Robin Gym	<b>9:30-10:15 a.m.</b> <u>Circuit Fit HIIT</u> Monica Room 108	<b>9:45-10:45 a.m.</b> <u>Seniorcise</u> Robin Gym	<b>9:30-10:15 a.m.</b> <u>Circuit Fit HIIT</u> Ronda Room 108	<b>9:45-10:45 a.m.</b> <u>Seniorcise</u> Robin Gym	
				<b>12:15-12:45 p.m.</b> <u>Express Spin</u> Monica Room 108	SUNDAY
					NO CLASSES
<b>6:00-6:30 p.m.</b> <u>Kettlebell Circuit</u> Monica Fitness Center	<b>5:30-6:00 p.m.</b> <u>Tabata Kickboxing</u> Ronda Fitness Center	<b>6:00-6:30 p.m.</b> <u>HIIT Circuit</u> Ronda Room 108	<b>5:30-6:00 p.m.</b> <u>Kickboxing Circuit</u> Ronda Room 108		
<b>6:00-7:00 p.m.</b> <u>Barre Fusion</u> Kim Room 108	<b>6:00-6:45 p.m.</b> <u>Spin Circuit Combo</u> Ronda Room 108		<b>6:00-6:45 p.m.</b> <u>HIIT Circuit</u> Ronda Room 108		
<b>7:00-7:45 p.m.</b> <u>Zumba</u> Christy Room 108			<b>7:00-7:45 p.m.</b> <u>POUND</u> Neil Gym		

## FITNESS CLASS BREAKDOWN

### 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.*

### 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.*

### 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 COMBO • Tue. 6-6:45 p.m.

**SPIN-EXPRESS • Fri. 12:15-12:45 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. 8:30-9:30 a.m. & Wed. 8:30-9:30 a.m. & 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.*