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J.T. & MARGARET TALKINGTON

YWCA

fitness & aquatics

Effective 10/15/21**806.771.0184**

6204 Elgin Avenue
Lubbock, TX 79413
ywc Lubbock.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:00 a.m. <u>Spin-Strength Circuit</u> Ronda Room 108	5:30-6:00 a.m. <u>Tabata</u> Ronda Gym	5:30-6:00 a.m. <u>Kettlebell Circuit</u> Ronda Fitness Center	5:30-6:00 a.m. <u>HIIT</u> Ronda Gym	5:30-6:00 a.m. <u>Circuit</u> Ronda Gym	9:00-9:45 a.m. <u>HIIT</u> Ronda Room 108
8:30-9:30 a.m. <u>Yoga</u> Julie Room 108	9:00-10:00 a.m. <u>Chair Yoga</u> Liz Gym	8:30-9:30 a.m. <u>Yoga</u> Julie Room 108	9:00-10:00 a.m. <u>Chair Yoga</u> Liz Gym	8:30-9:30 a.m. <u>Yoga</u> Julie Room 108	
9:45-10:45 a.m. <u>Seniorcise</u> Robin Gym	9:30-10:15 a.m. <u>Functional Fitness</u> Monica Room 108	9:45-10:45 a.m. <u>Seniorcise</u> Robin Gym	9:30-10:15 a.m. <u>Functional Fitness</u> Ronda Room 108	9:45-10:45 a.m. <u>Seniorcise</u> Robin Gym	
12:15-12:45 p.m. <u>Bikes-Bands</u> Ronda Room 108	5:30-6:00 p.m. <u>Barre-Band</u> Ronda Fitness Center	12:15-12:45 p.m. <u>Tabata</u> Monica Room 108	5:30-5:50 p.m. <u>20 Minute HIIT</u> Ronda Room 108	12:15-12:45 p.m. <u>Express Spin</u> Monica Room 108	SUNDAY NO CLASSES
6:00-6:30 p.m. <u>HIIT</u> Ronda Fitness Center	6:00-6:45 p.m. <u>Spin Circuit</u> Ronda Room 108	6:00-6:45 p.m. <u>Kid's* Fit Camp</u> age 6 & up Christy Multipurpose/Park	6:00-6:45 p.m. <u>Strength Circuit</u> Ronda Room 108	5:30-6:30 p.m. <u>Zumba</u> Christy Room 108	
6:00-7:00 p.m. <u>Barre Fusion</u> Kim Room 108	7:00-7:30 p.m. <u>Cardio Kickboxing</u> Ronda Fitness Center	6:00-6:30 p.m. <u>Kettlebell Circuit</u> Monica Fitness Center	7:00-7:30 p.m. <u>Kickboxing Circuit</u> Ronda Fitness Center		
7:00-7:45 p.m. <u>Zumba</u> Christy Room 108			7:00-7:45 p.m. <u>POUND</u> Neil Gym		