

YWCA
IS ON A
MISSION

Talkington Sun 'n Fun Spin Class Schedule Begins August 14th

Talkington Fitness
 Center

6204 Elgin

806-771-0184

www.ywcalubbock.org

TIME	MON	TUE	WED	THU	FRI	SAT
6:15 A.M.	Spin (Travis) 45 min. Fitness center	Spin (Stephanie) 45 min. Fitness center	Spin (Stephanie) 45 min. Fitness center	Spin (Travis) 45 min. Fitness center		
8:00 A.M.						
8:30 A.M.						
5:30 P.M.		Spin-Fitness center (Travis) 45 min.		Spin –Fitness center (Stephanie) 45 min.		
6:00 P.M.						
6:30 P.M.	Spin (Stephanie) 30 min. Fitness center		Spin (Travis) 30 min. Fitness center			