

YWCA IS ON A MISSION

Talkington Sun 'n Fun Fall Fitness Class Schedule Begins August 28th

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.		Pilates (Shelia Rm. 110)		Pilates (Shelia Rm. 110)		
8:30 A.M.	Yoga (Janet) Rm.110		Yoga (Janet) Rm.110		Yoga (Janet) Rm.110	
5:30 P.M.	Cardio & Weights Room 110 (Travis)	Spin-Fitness center (Travis) 45 min.	Cardio & Weights Room 110 (Travis)	Spin –Fitness center (Stephanie) 45 min.		
6:00 P.M.		Zumba (Rm. 110 Mikki)		Zumba (Rm. 110 Stephanie R.)		
6:15 P.M.	Yo-Lates (Janet Rm.110)		Yo-Lates (Janet Rm. 110)			
6:30 P.M.	Spin (Stephanie) 30 min. Fitness center	Abs and Arms- deep stretch (Janet Rm. 108)	Spin (Travis) 30 min. Fitness center	Abs and Arms- deep stretch (Janet Rm.108)		
7:00 P.M.		Kickboxing (Rm. 110 Stephanie) *Begins Sept. 18th		Kickboxing (Rm. 110 Stephanie) *Begins Sept. 18th		
						Updated 9/1/17