

2431 S. Loop 289  
806-771-8010



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(G)=Glass Room (B)=Big Room (S)=Small Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:05 AM Spin (B) Judy	5:05 AM BodyPump® (B) LaNell	5:05 AM Spin (B) Judy	5:05 AM Power Sculpt (B) Judy	5:05 AM Spin Combo (B) Judy	8:30 AM Spin B) Sheila	
8:45 AM Fit CIRCUIT (B) Sheila	8:45 AM BEGINNER Fit Sculpt (B) Sheila		8:45 AM Fit CORE (B) Sheila	9:00 AM Fit Circuit (B) Sheila	9:00 AM Yoga (G) Kristy	
10:00 AM Senior Boogie (B)  Jeff	10:00 AM Fit Cardio (B) Sheila	10:00 AM Fit SCULPT (B) Sheila	10:00 AM BEGINNER Fit Circuit Sheila (B)	10:00 AM Senior Boogie (B)  Jeff	10:00 AM BodyPump Express® April/Amber (B)	
11:15 AM Aqua Flexibility/ROM Stephanie	10:00 AM Senior Pilates (G) Stephanie	11:10 AM SilverSneakers® Classic (B) Jeff	10:00 AM SilverSneakers® Yoga Jeff (G)	11:15 AM Aqua Flexibility/ROM Stephanie		
		12:15-12:45 PM Aqua Flexibility/ROM Beau				
1:30 PM Senior Cardio (B) Stephanie	1:30 PM SilverSneakers® CardioFit (B) Stephanie	1:30 PM SilverSneakers® CardioFit (B) Stephanie	1:30 PM Senior Pilates (G) Stephanie			
2:30 PM SilverSneakers® Yoga Stephanie (G)		2:30 PM SilverSneakers® Yoga Stephanie (G)				Wellness Today requires a doctor's release for all participants 40 & over.
5:40 PM Yoga (G) Kristy	5:40 PM Power Sculpt (B) Sheila	5:45 PM Abs (B) Sheila	5:40 PM Yoga (G) Kristy			
5:40 PM Spin (B) Sheila <i>1.5 Spin 8/28</i>	6:00 PM Body Pump® (G) April	5:45 PM Zumba Gold (G) Amber	5:45 PM Body Pump® (B) LaNell	<b>Refer your friends &amp; get a free month! Ask Front Desk for details.</b>		
6:00 PM Zumba Gold (S) Amber		6:15PM WAR! (B) Sheila		<i>If you are persistent, you will get it. If you are consistent, you will keep it.</i>		
6:15 PM High Octane Sid		6:15 PM High Octane Sid		Hours: Monday-Thursday 4:30 AM-9 PM, Friday 4:30am-7pm, Saturday 8-4 , Sunday 12-4 Hours & classes subject to change.		