

October

W_T WELLNESS T.O.D.A.Y GROUP X



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		
10:00 AM Silver & Fit (B) Experience 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 Silver & Fit (B) Experience Jeff	10:00 AM BodyPump Express® April/Amber (B)	
	10:00 AM SilverSneakers® Yoga Jeff/Stephanie	11:10 AM SilverSneakers® Classic (B) Jeff	10:00 AM SilverSneakers® Yoga Jeff (G)			
		12:15-12:45 PM Aqua Flexibility/ROM Beau				
1:30 PM Senior Cardio (B) Sheila/Stephanie		1:30 PM SilverSneakers® CardioFit (B) Sheila/Stephanie				
2:30 PM SilverSneakers® Yoga Jeff/Stephanie (G)		2:30 PM SilverSneakers® Yoga Jeff/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 10/30</i>	6:00 PM Body Pump® (G) April	5:45 PM Zumba (G) Apri	5:45 PM Body Pump® (B) LaNell	Refer your friends & get a free month! Ask Front Desk for details.		
6:00 PM Zumba (S) April		6:15PM WAR! (B) Sheila				
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.		