

February

2431 S. Loop 289
806-771-8010

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



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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	Healthways SilverSneakers® Fitness Program
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 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	9:45 AM BodyPump Express® April/Amber	
11:15 AM Better Balance Jeff (B)	10:00 AM SilverSneakers® Yoga Jeff (G)	11:10 AM SilverSneakers® Classic (B) Jeff	11:00 AM SilverSneakers® Yoga Stephanie (G)	11:15 AM Aqua Yoga Stephanie		Wellness Today requires a doctor's release for all participants 40 & over.
	11:10 AM SilverSneakers® Classic (B) Jeff	12:15-12:45 PM Aqua Flexibility/ROM Beau				
1:30 PM Senior Cardio (B) Stephanie		1:30 PM SilverSneakers® CardioFit (B) Stephanie				
		2:30 PM SilverSneakers® Yoga Stephanie (G)				
5:40 PM Spin (B) Sheila <i>1.5 Spin 2/26</i>	5:40 PM Power Sculpt (B) Sheila	5:40 PM Spin (B) Judy	5:40 PM Yoga (G) Kristy			
5:40 PM Yoga (G) Kristy		5:45 PM Zumba (G) Apri	5:45 PM Body Pump® (B) LaNell	It's more fun with a friend! Ask about our 3 Day FREE Pass!		
6:00 PM Zumba (S) April	6:00 PM Body Pump® (G) April			Happy Valentine's Day!!		
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.		