



June

WT WELLNESS T.O.D.A.Y. GROUPX



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	8:45 AM Spin B) Sheila	
8:45 AM Fit CIRCUIT (B) Sheila	8:45 AM BEGINNER Fit Sculpt (B) Sheila	9:00-9:45 AM Senior Tone (B) Stephanie NEW!	8:45 AM Fit CORE (B) Sheila	9:00 AM Fit Circuit Sheila	9:00 AM Yoga (G) Kristy	
10:00 AM SilverSneakers® Classic (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 SilverSneakers® Classic (B) Jeff	10:00 AM BodyPump Express® April/Amber (B)	
	10:00 AM Senior Pilates (G) Stephanie	11:10 AM SilverSneakers® Jeff	10:00 AM SilverSneakers® Yoga Jeff (G)			
		12:15-12:45 PM Aqua Flexibility/ROM Beau				
1:30 PM Senior Cardio (B) Stephanie	1:30 PM Senior Tone (B) Stephanie NEW!	1:30 PM Senior Cardio (B) Stephanie	1:30 PM Senior Pilates (G) Stephanie			
5:40 PM Yoga (G) Kristy		5:45 PM Abs (B) Sheila	5:40 PM Yoga (G) Kristy			
5:40 PM Spin (B) Sheila <i>1.5 Spin 6/26</i>	5:40 PM Power Sculpt (B) Sheila	5:45 PM Zumba (G) April	5:45 PM Body Pump® (B) LaNell			<i>We are an Authorized Polar Heart Rate Monitor Dealer!</i>
6:00 PM Zumba (S) April	6:00 PM Body Pump® (G) April	6:15PM WAR! (B) Sheila		Refer your friends = added time to your membership! Ask Front Desk for details.		
6:15 PM High Octane Sid		6:15 PM High Octane Sid			Small changes can make a BIG difference!	
Because we care, Wellness Today requires a doctor's release for all participants 40 and over.						
Hours: Monday-Thursday 4:30 AM-9 PM, Friday 4:30am-7pm, Saturday 8-4 , Sunday 12-4 All classes are subject to change.						

