November

2431 S. Loop 289
806-771-8010
(B)=Big Room

WELLNESS T·O·D·A·Y GROUP X

WELLNESS T·O·D·A·Y
PHYSICAL THERAPY T·O·D·A·Y

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM Spin Judy	5:00 AM Power Sculpt Judy	5:00 AM Spin Judy	5:00 AM BodyPump® LaNell	5:00 AM Spin Combo Judy		
8:45 AM Fit CIRCUIT Sheila	8:45 AM BEGINNER Fit Sculpt Sheila		8:45 AM Fit CORE Sheila	9:00 AM Fit Circuit Sheila	8:30 AM Spin Sheila	
	10:00 AM Fit Cardio Sheila	10:00 AM Fit SCULPT Sheila	10:00 AM BEGINNER Fit Sculpt/Core Sheila			*LIKE* US!
10:00 AM Sit & Strong Sheila		12:15 - 12:45 Mobility Beau				
						Healthways SilverSneakers Fitness Program
				Check us out @ www.wellnesstodaylubbock.com		
						Wellness Today requires a doctor's release for all participants 40 & over.
5:40 PM Spin Sheila **1.5 Spin 11/29*	5:45 PM Body Pump® LaNell **New Night**	5:40 PM - 7:10 PM Core/Circuit Combo Sheila		**Are you injured? Ask us how we can help you get into Physical Therapy Today!**		
	BODYPUMP					
				Hours: Monday-Thursday 4:30 AM-8 PM, Friday 4:30 am-6 pm Saturday 8-3 Sunday 12-3 Hours & classes subject to change.		