

# January



2431 S. Loop 289  
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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 <i>1.5 Spin 1/5</i>	
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 Zumba (B) April/Amber	
	10:00 AM Better Balance Jeff (G)	11:10 AM SilverSneakers® Classic (B) Jeff	11:10 AM SilverSneakers® Yoga Stephanie (B)			<b>SILVER&amp;FIT</b> EXPERIENCE
	11:10 AM SilverSneakers® Classic (B) Jeff	12:15-12:45 PM Aqua Flexibility/ROM Beau		<i>Check out our updated website! <a href="http://www.wellnesstodaylubbock.com">www.wellnesstodaylubbock.com</a></i>		
1:30 PM Senior Active (B) Stephanie	1:30 PM Senior Pilates (B) Stephanie	1:30 PM SilverSneakers® Yoga Stephanie (B)				Healthways <b>SilverSneakers</b> Fitness Program
5:40 PM Spin (B) Sheila	5:40 PM Power Sculpt (B) Sheila	5:40 PM Spin Circuit (B) Sheila	5:40 PM Yoga (G) Kristy			Wellness Today requires a doctor's release for all participants 40 & over.
5:40 PM Yoga (S) Kristy	<b>Notice new class changes!</b>		5:45 PM Body Pump® (B) LaNell	<b>Are you ready? Spin 6 Challenge! January 26th 6:00 AM-12:00 PM</b>		
5:45 PM Body Pump (G) April/Amber	5:45 PM Zumba (G) Amber/April	5:45 PM Body Pump (G) April/Amber	5:45 PM Zumba (S) Amber/April			
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.		