January

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

WELLNESS TODAY GROUP X

KCBD BEST OF THE WEST 2018

Like us/Follow us!

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	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		
	10:00 AM Better Balance Jeff (G)					SILVER&FIT EXPERIENCE
		12:15-12:45 PM Aqua Flexibility/ROM Beau		***Check out our website!*** ***www.wellnesstodaylubbock.com***		
1:30 PM Senior Active (B) Stephanie	1:30 PM Senior Pilates (B) Stephanie	1:30 PM SilverSneakers® Yoga Stephanie (B)	1:30 PM Senior Active (B) Stephanie			Healthways SilverSneakers Fitness Program
			2:30 PM SilverSneakers® Yoga Stephanie (B)		6	
			5:30 PM Yoga (G) Kristy			Wellness Today requires a doctor's release for all participants 40 & over.
5:40 PM Spin (B) Sheila ***1.5 Spin 1/27***	5:40 PM Power Sculpt (B) Sheila	5:40 PM - 7:10 PM Abs/Spin Circuit (B) Sheila	5:45 PM Body Pump® (B) LaNell	**Ask about our Spin 6 Challenge! January 25th**		
	5:45 PM Body Pump (G) Amber/April	5:45 PM Zumba (G) April/Amber	BODYPUMP			
6:00 PM Zumba (G) April/Amber (G)				Hours: Monday-Thursday 4:30 AM-9 PM, Friday 4:30am-7pm, Saturday 8-4 , Sunday 12-4 Hours & classes subject to change.		