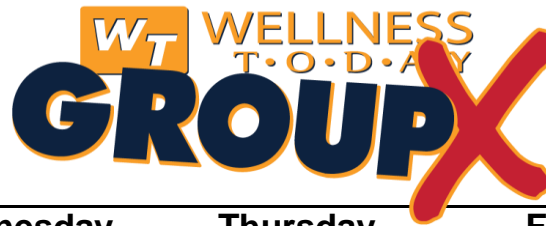


November



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	8:30 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		
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® (B) April/Amber	
	10:00 AM Better Balance Jeff (G)	11:10 AM SilverSneakers® Classic (B) Jeff	11:10 AM SilverSneakers® Yoga Stephanie (B)			
	11:10 AM SilverSneakers® Classic (B) Jeff	12:15-12:45 PM Aqua Flexibility/ROM Beau		<i>Check out our updated website! www.wellnesstodaylubbock.com</i>		
1:30 PM Senior Active (B) Stephanie	1:30 PM Senior Pilates (B) Stephanie	1:30 PM SilverSneakers® Yoga Stephanie (B)				
				Are you training for Spin 6? Coming in January!		
5:40 PM Spin (B) Sheila <i>1.5 Spin 11/26</i>	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	5:45 PM BodyPump Express® Amber/April (G)	5:45 PM Zumba (G) April/Amber	5:45 PM Body Pump® (B) LaNell	We will be closed Thursday 11/22 for Thanksgiving. We are open 8-2 on Friday 11/23 (no group classes) Happy Thanksgiving!		
5:45 PM Zumba (G) April/Amber				Hours: Monday-Thursday 4:30 AM-9 PM, Friday 4:30am-7pm, Saturday 8-4 , Sunday 12-4 Hours & classes subject to change.		
6:15 PM High Octane Sid		6:15 PM High Octane Sid				