

# April



2431 S. Loop 289  
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(G)=Glass Room (B)=Big Room

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday  | Sunday |
|---|--|---|---|---|---|--------|
| 5:05 AM<br>Spin (B)<br>Judy                               | 5:05 AM<br>BodyPump® (B)<br>LaNell                                       | 5:05 AM<br>Spin (B)<br>Judy   | 5:05 AM<br>Power Sculpt (B)<br>Judy                                     | 5:05 AM<br>Spin Combo (B)<br>Judy   | 8:30 AM<br>Spin (B)<br>Sheila                                 |        |
| 8:45 AM<br>Fit CIRCUIT (B)<br>Sheila                      | 8:45 AM<br>BEGINNER<br>Fit Sculpt (B)<br>Sheila                          |   | 8:45 AM<br>Fit CORE (B)<br>Sheila                                       | 9:00 AM<br>Fit Circuit (B)<br>Sheila  | 9:00 AM<br>Yoga (G)<br>Kristy                                 |        |
| 10:00 AM<br>Silver & Fit (B)<br>Experience<br>Jeff        | 10:00 AM<br>Fit Cardio (B)<br>Sheila                                     | 10:00 AM<br>Fit SCULPT (B)<br>Sheila                                      | 10:00 AM<br>BEGINNER<br>Fit Circuit<br>Sheila (B)                       | 10:00 AM<br>Silver & Fit (B)<br>Experience<br>Jeff  | 9:45 AM<br>Zumba (B)<br>April/Amber<br><b>*NO CLASS 4/27*</b> |        |
|   | 10:00 AM<br>Better Balance<br>Jeff (G)                                   | 11:10 AM<br>SilverSneakers®<br>Classic (B)<br>Jeff                        |   |   |   |        |
|   | 11:10 AM<br>SilverSneakers®<br>Classic (B)<br>Jeff                       | 12:15-12:45 PM<br>Aqua<br>Flexibility/ROM<br>Beau                         |   | <i>Check out our updated website!<br/><a href="http://www.wellnesstodaylubbock.com">www.wellnesstodaylubbock.com</a></i>    |   |        |
| 1:30 PM<br>Senior Active (B)<br>Stephanie                 | 1:30 PM<br>Senior Pilates (B)<br>Stephanie                               | 1:30 PM<br>SilverSneakers® Yoga<br>Stephanie (B)                          | 1:30 PM<br>Senior Active (B)<br>Stephanie<br><b>*NEW*</b>               |   |   |        |
|   |  |   | 2:30 PM<br>SilverSneakers® Yoga<br>Stephanie (B)                        |   |   |        |
| 5:15 PM - 6:00 PM<br>Yoga (G)<br>Kristy                   | 5:15 PM- 5:45 PM<br>INTRO to Zumba (G)<br>Amber/April<br><b>4/9 ONLY</b> | 5:40 PM<br>Spin Circuit (B)<br>Sheila                                     | 5:15 PM - 6:00 PM<br>Yoga (G)<br>Kristy                                 |   |   |        |
| 5:40 PM<br>Spin (B)<br>Sheila<br><b>** 1.5 4/29 **</b>    | 5:40 PM<br>Power Sculpt (B)<br>Sheila                                    | 5:15 PM- 5:45 PM<br>Intro to Body Pump<br>Amber/April<br><b>4/10 ONLY</b> | 5:45 PM<br>Body Pump® (B)<br>LaNell                                     | <b>Check out our INTRO classes!</b><br><b>Intro to Zumba 5:15 pm Tuesday 4/9</b><br><b>Intro to Pump 5:15 pm Wed 4/10</b>   |   |        |
| 6:00 PM - 6:45 PM<br>Body Pump Express<br>April/Amber (G) | 5:45 PM<br>Zumba (G)<br>Amber/April                                      | 5:45 PM<br>Body Pump (G)<br>April/Amber<br><b>*NO CLASS 4/24*</b>         | 6:00 PM - 6:45 PM<br>Zumba (G)<br>Amber/April<br><b>*NO CLASS 4/25*</b> |   |   |        |
| 6:15 PM<br>High Octane<br>Sid                             |  | 6:15 PM<br>High Octane<br>Sid   |   | Hours: Monday-Thursday 4:30 AM-9 PM, Friday 4:30am-7pm,<br>Saturday 8-4 , Sunday 12-4<br>Hours & classes subject to change. |   |        |