



5217 82nd STREET, Suite 128
 LUBBOCK TX 79424
 806-783-8829

CLASS SCHEDULE FOR AUGUST 2020

www.umchealthsystem.com/activitiescenter

MONDAY
Strictly Strength - Wanda 8:00AM-9:00AM
Yoga - Ping 9:15AM-10:15AM
Line Dance Level 4 - Nancy 10:30AM-11:45AM
Total Body - Janet 12:00PM-1:00PM
Intro to Wellness - Julie 2:00PM-3:00PM
Line Dance Level 3 - Gail 3:30PM-4:30PM
Yoga - Linda 5:30PM-6:30PM
Learn to Dance - The Finns 6:45PM-8:15PM

TUESDAY
Aerobics - Robin 8:30AM-9:30AM
T'ai Chi Chih® - Larry 9:45AM-10:45AM
Exercise 2 - Robin 11:00AM-12:00PM
Exercise 1 - Wanda 2:00PM-3:00PM
Line Dance Vocabulary - Gail 3:15PM-4:10PM
Line Dance Level 2 - Gail 4:15PM-5:15PM

WEDNESDAY
Strictly Strength - Sharon 8:00AM-9:00AM
Yoga - Ping 9:15AM-10:15AM
Seated Yoga - Anita 10:30AM-11:30AM
Total Body - Sharon 12:00PM-1:00PM
Line Dance Vocabulary - Gail 1:15PM-2:10PM
Line Dance Level 2 - Gail 2:15PM-3:15PM
Learn to Dance - The Finns 3:30PM-5:00PM
Yoga - Linda 5:30PM-6:30PM

THURSDAY
Aerobics - Robin 8:30AM-9:30AM
Pilates - Vicky 9:45AM-10:45AM
Exercise 2 - Robin 11:00AM-12:00PM
Line Dance with Terri 12:30PM-1:30PM
Exercise 1 - Wanda 2:00PM-3:00PM
T'ai Chi Chih® - Cindy 3:30PM-4:30PM

FRIDAY
Strictly Strength - Wanda 8:00AM-9:00AM
Mobility and Balance - Julie 10:00AM-10:45AM
Total Body - Janet 12:00PM-1:00PM
Intro to Wellness - Julie 2:00PM-3:00PM

UMC Activities Center Fees including Tax	
60 years and older:	59 years and younger:
One Year - \$185	One Year - \$215
Six Months - \$120	Six Months - \$145
Three Months - \$85	Three Months - \$95
One Month Trial - \$35	Drop-ins - \$5 per day

CLASS DESCRIPTIONS ON REVERSE SIDE

WE RESERVE THE RIGHT TO CHANGE/CANCEL CLASSES AT ANYTIME