



7105 Kewanee Ave
LUBBOCK TX 79424
806-761-0676

CLASS SCHEDULE FOR JANUARY 2023



www.umchealthsystem.com/activitiescenter

MONDAY
Strictly Strength 1 - Avery 8:00AM-8:45AM
Strictly Strength 2 - Avery 8:50AM-9:35AM
Yoga AM - Anita 9:45AM-10:45AM
Line Dance Level 4 - Nancy 10:50AM-12:10PM
Total Body - Janet 12:15PM-1:10PM
Intro to Wellness - Shana 1:15PM-2:10PM
Stretch & Flex - Shana 2:15PM-3:10PM
Seated Strength - Avery 3:15PM-4:00PM
Yoga PM - Rhea 5:30PM-6:25PM
Learn to Dance - Jim & Linda 6:30PM-8:00PM

TUESDAY
Aerobics - Robin 8:30AM-9:25AM
T'ai Chi Chih® - Larry 9:30AM-10:25AM
Mobility and Balance - Sharon 10:30AM-11:25AM
Exercise 2 - Robin 11:30AM-12:25PM
Line Dance Level 1 - Gail 12:30PM-1:25PM
Line Dance Level 2 - Gail 1:30PM-2:25PM
Exercise 1 - Avery 2:30PM-3:25PM
T'ai Chi Chih® - Cindy 3:30PM-4:25PM



WEDNESDAY
Strictly Strength 1 - Avery 8:00AM-8:45AM
Strictly Strength 2 - Avery 8:50AM-9:35AM
Yoga AM - Anita 9:45AM-10:45AM
Tai Chi Chuan - Larry 10:50AM-11:50AM
Total Body - Janet 12:15PM-1:10PM
Intro to Wellness - Shana 1:15PM-2:10PM
Stretch & Flex - Shana 2:15PM-3:10PM
Seated Strength - Avery 3:15PM-4:00PM
Learn to Dance - Jim & Linda 4:05PM-5:25PM
Yoga PM - Rhea 5:30PM-6:25PM

THURSDAY
Aerobics - Robin 8:30AM-9:25AM
Tap Dance - Kaylee 10:30AM-11:25PM
Exercise 2 - Robin 11:30PM-12:25PM
Line Dance Level 3 - Gail 12:30PM-1:25PM
Line Dance Level with Terri 1:30PM-2:25PM
Exercise 1 - Avery 2:30PM-3:25PM
T'ai Chi Chih® - Cindy 3:30PM-4:25PM

FRIDAY
Strictly Strength 1 - Avery 8:00AM-8:45AM
Strictly Strength 2 - Avery 8:50AM-9:35AM
Yoga AM - Anita 9:45AM-10:45AM
Mobility and Balance - Sharon 11:00AM-11:55PM
Total Body - Janet 12:15PM-110PM
Intro to Wellness - Shana 1:15PM-2:10PM



WE RESERVE THE RIGHT TO CHANGE/CANCEL CLASSES AT ANYTIME

CLASS DESCRIPTIONS ON REVERSE SIDE

UMC Activities Center Fees including Tax	
60 years and older:	Under 60 years old:
One Year - \$200	One Year - \$225
Six Months - \$125	Six Months - \$150
Three Months - \$85	Three Months - \$95
Veteran's Discount - 20% off	
One Month Trial - \$35	Drop-ins - \$5 per day