



7105 Kewanee Ave  
LUBBOCK TX 79424  
806-761-0676

# CLASS SCHEDULE FOR MARCH 2024

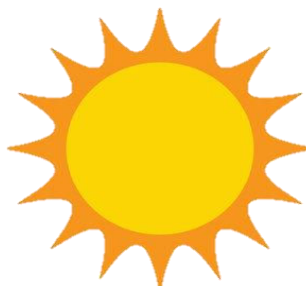


[www.umchealthsystem.com/activitiescenter](http://www.umchealthsystem.com/activitiescenter)

MONDAY
Strictly Strength 1 - Avery 8:00AM - 8:45AM
Strictly Strength 2 - Avery 8:50AM - 9:35AM
Yoga - Rhea 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
Seated Strength - Avery 2:15PM - 3:00PM
Line Dance Level 1 - Gail 3:05PM - 4:00PM
Learn to Dance - Jim & Linda 6:30PM - 8:00PM

TUESDAY
Aerobics - Robin 8:30AM-9:25AM
Tone & Stretch - Shana 9:30AM - 10:15AM
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 - 3:15PM
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 - Anita 9:45AM - 10:45AM
Total Body - Janet 12:15PM - 1:10PM
Intro to Wellness - Shana 1:15PM - 2:10PM
Seated Strength - Avery 2:15PM - 3:00PM
Learn to Dance - Jim & Linda 4:05PM - 5:25PM



THURSDAY
Aerobics - Robin 8:30AM-9:25AM
Tone & Stretch - Shana 9:30AM - 10:15AM
Mobility and Balance - Sharon 10:30AM - 11:25AM
Exercise 2 - Robin 11:30PM - 12:25PM
Line Dance Level 3 - Gail 12:30PM - 1:25PM
Line Dance with Terri 1:30PM - 2:25PM
Exercise 1 - Avery 2:30PM - 3:15PM
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
Total Body - Janet 12:15PM - 1:10PM
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	
<b>One Month Trial - \$35</b>	<b>Drop-ins - \$5 per day</b>