



7105 Kewanee Ave
LUBBOCK TX 79424
806-761-0676

CLASS SCHEDULE FOR NOVEMBER 2025



www.umchealthsystem.com/activitiescenter

MONDAY
Weights & Flexibility - Veronica 8:00AM - 8:45AM
Weights & Flexibility - Veronica 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 - Condra 1:15PM - 2:10PM
Seated Strength - Veronica 2:15PM - 3:00PM
Line Dance Level 1 - Gail 3:05PM - 4:00PM
Yoga PM - Linda 5:15PM-6:00PM
Learn to Dance - Jim & Linda 6:00PM - 7:30PM

TUESDAY
Aerobics - Robin 8:30AM-9:25AM
Tone & Stretch - Veronica 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- Janet 2:30PM - 3:15PM
T'ai Chi Chih® - Cindy 3:30PM - 4:25PM

WEDNESDAY
Weights & Flexibility - Veronica 8:00AM - 8:45AM
Weights & Flexibility - Veronica 8:50AM - 9:35AM
Yoga - Alyse 9:45AM - 10:45AM
Chair Yoga - Anita 11:00AM - 12:00PM
Total Body - Janet 12:15PM - 1:10PM
Intro to Wellness - Condra 1:15PM - 2:10PM
Seated Strength - Veronica 2:15PM - 3:00PM



THURSDAY
Aerobics - Robin 8:30AM-9:25AM
Tone & Stretch - Veronica 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 - Janet 2:30PM - 3:15PM
T'ai Chi Chih® - Cindy 3:30PM - 4:25PM

FRIDAY
Weights & Flexibility - Veronica 8:00AM - 8:45AM
Weights & Flexibility - Veronica 8:50AM - 9:35AM
Gentle Yoga - Anita 9:45AM - 10:45AM
Total Body - Janet 12:15PM - 1:10PM
Intro to Wellness - Condra 1:15PM - 2:10PM



WE RESERVE THE RIGHT TO CHANGE/CANCEL CLASSES AT ANYTIME
ALL MEMBERSHIPS ARE NON-REFUNDABLE & NON-TRANSFERABLE

UMC Activities Center Fees including Tax
One Year - \$200
Six Months - \$125
Three Months - \$85
Veteran's Discount - 20% off
One Month Trial - \$35
Drop-ins - \$5 per day