UMC ACTIVITIES CENTER
UMC HEALTH SYSTEM

7105 Kewanee Ave
LUBBOCK TX 79424
806-761-0676

CLASS SCHEDULE FOR NOVEMBER 2026





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
Stability & 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
Stability & 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



UMC Activities Center Fees including Tax	
One Year - $200	
Six Months - $125	
Three Months - $85	
One Month - $35	
Veteran's Discount - 20% off	***Drop In Punch Cards Available***

WE RESERVE THE RIGHT TO CHANGE/CANCEL CLASSES AT ANYTIME

ALL MEMBERSHIPS ARE NON-REFUNDABLE & NON-TRANSFERABLE