



7105 Kewanee Ave  
LUBBOCK TX 79424  
806-761-0676

# CLASS SCHEDULE FOR JUNE 2024



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



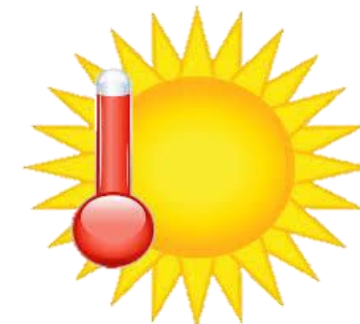
| MONDAY  |
|---|
| Strictly Strength 1 - Avery<br>8:00AM - 8:45AM  |
| Strictly Strength 2 - Avery<br>8:50AM - 9:35AM  |
| Yoga - Rhea<br>9:45AM - 10:45AM                 |
| Line Dance Level 4 - Nancy<br>10:50AM - 12:10PM |
| Total Body - Janet<br>12:15PM - 1:10PM          |
| Intro to Wellness - Shana<br>1:15PM - 2:10PM    |
| Seated Strength - Avery<br>2:15PM - 3:00PM      |
| Line Dance Level 1 - Gail<br>3:05PM - 4:00PM    |
| Learn to Dance - Jim & Linda<br>6:00PM - 7:30PM |

| TUESDAY  |
|--|
| Aerobics - Robin<br>8:30AM-9:25AM                  |
| Tone & Stretch - Veronica<br>9:30AM - 10:15AM      |
| Mobility and Balance - Sharon<br>10:30AM - 11:25AM |
| Exercise 2 - Robin<br>11:30AM - 12:25PM            |
| Line Dance Level 1 - Gail<br>12:30PM - 1:25PM      |
| Line Dance Level 2 - Gail<br>1:30PM - 2:25PM       |
| Exercise 1 - Avery<br>2:30PM - 3:15PM              |
| T'ai Chi Chih® - Cindy<br>3:30PM - 4:25PM          |

| WEDNESDAY                                      |
|--|
| Strictly Strength 1 - Avery<br>8:00AM - 8:45AM |
| Strictly Strength 2 - Avery<br>8:50AM - 9:35AM |
| Yoga - Anita<br>9:45AM - 10:45AM               |
| Total Body - Janet<br>12:15PM - 1:10PM         |
| Intro to Wellness - Shana<br>1:15PM - 2:10PM   |
| Seated Strength - Avery<br>2:15PM - 3:00PM     |



| THURSDAY   |
|--|
| Aerobics - Robin<br>8:30AM-9:25AM                  |
| Tone & Stretch - Veronica<br>9:30AM - 10:15AM      |
| Mobility and Balance - Sharon<br>10:30AM - 11:25AM |
| Exercise 2 - Robin<br>11:30PM - 12:25PM            |
| Line Dance Level 3 - Gail<br>12:30PM - 1:25PM      |
| Line Dance with Terri<br>1:30PM - 2:25PM           |
| Exercise 1 - Avery<br>2:30PM - 3:15PM              |
| T'ai Chi Chih® - Cindy<br>3:30PM - 4:25PM          |



| FRIDAY   |
|--|
| Strictly Strength 1 - Avery<br>8:00AM - 8:45AM |
| Strictly Strength 2 - Avery<br>8:50AM - 9:35AM |
| Yoga AM - Anita<br>9:45AM - 10:45AM            |
| Total Body - Janet<br>12:15PM - 1:10PM         |
| Intro to Wellness - Shana<br>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> |