

# TRU>FIT

## ATHLETIC CLUBS

5402 4th Street  
 806.687.4242  
 Group Fitness Coordinator:  
 Brandi Wilson  
 lubbockgx@googlegroups.com

Group Fitness Room #1 Schedule – 1/28 through 2/28 – 4<sup>th</sup> Street Closed for Renovation 2/18-2/25 – Reopens 2/26

Time / period	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am			Zumba Jessica V		Zumba Mandy		
9am		Ultimate Workout Sandi		Killer Assets Jaycey		HIT IT HARD Joann	
10am							Strong 2nd - Cynthia 9th - Lupe 16th -Lupe 23rd - Erin
2:00pm	Body Step Meghan						
5:30pm		Body Pump Liz	Zumba Brandi/Rosa	Body Pump Denise	CXWORX Cynthia		
6:00pm					Grit Strength Cynthia		
6:30pm		Strong Erin	Strong Lupe	Zumba Cynthia	Strong Alma		
7:30pm		Zumba Mandy	Zumba Cande		Zumba Cande		

Group Fitness Room #2 Schedule

9am							Yoga Mariluz
10am			Yoga Lindsay W		Body Flow Keely		
5:30pm		Warm Yoga Lindsay W	Pilates Sandi	Body Flow Janelle	Pilates Sandi		

