

November 2024 - Wellness Center Class Schedule

Instructors: (color coded)

Lucy Johnson,
Diana Graves, Clarissa Mosley, Dora Martinez

AM classes (left column)

PM Classes (right column)

Monday	<p>**Diana's classes are tentative, based on availability of instructor. Please text 432-208-4001 if you wish to be added to her call list.</p> <p>#5:00 workout with D</p> <p>#8:00 TOUGH with Clarissa - legs</p>	<p>#1:00 – Lower Body Strength and Conditioning (Glute Training) with Lucy</p> <p>^#4:30 STRENGTH AT ALL AGES! (core strength and stability)</p>
Tuesday	<p>#5:00 workout with D</p> <p>#8:00 STRONG with Clarissa -HIIT</p>	<p>#1:00 – upper body Strength and Conditioning HIIT training with Lucy</p> <p>^#4:30-STRENGTH AT ALL AGES! (neck and Knees)</p> <p>#5:30 PM – CARDIO MIX with Dora</p>
Wednesday	<p>#5:00 workout with D</p> <p>#8:00 TOUGH with Clarissa -Upper body/Abs</p>	<p>#1:00– Lower Body Strength and Conditioning Total lower body</p>
Thursday	<p>#5:00 workout with D</p>	<p>#1:00 STRONG TO THE CORE HIIT (AB training)</p> <p>@4:30 Tai Chi with Lucy</p> <p># TOUGH with Clarissa – Total Body</p>
Friday	<p>#5:00 workout with D</p> <p>**Please note that on Holiday weeks, most classes will be cancelled. Check with your instructor for details.</p>	<p>KEY: denotes class intensity @ - LOW TO MODERATE INTENSITY # - MODERATE TO HIGH INTENSITY ^ - ACTIVELY AGING OR POST SURGERY Any class is Subject to change</p> <ul style="list-style-type: none"> Open - MON.-SUN. 4 am to 9 pm Check us out on Social media! Facebook: mccameycountyhospitaldistrictwellnesscenter Instagram: mchd_wellness_center

- ALL CLASSES INCLUDED WITH FULL MEMBERSHIP

For non-members: \$7-day pass