

May 2025 - Wellness Center Class Schedule

Instructors: (color coded)

Lucy Johnson,
Diana Graves, Clarissa Mosley, Dora Martinez

	MORNING	AFTERNOON/EVENING
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 MOVEMENT IS MEDICINE (core strength and stability) WITH LUCY</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-MOVEMENT IS MEDICINE – MOBILITY AND STRENGTH (NECK, SHOULDER and KNEES) WITH LUCY</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 with Lucy</p>
Thursday	<p>#5:00 workout with D</p>	<p>#1:00 STRONG TO THE CORE HIIT (AB training) with Lucy</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>KEY: denotes class intensity @ - LOW TO MODERATE INTENSITY # - MODERATE TO HIGH INTENSITY <i>Any class is Subject to change</i></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