

## McCamey Wellness Center Class Schedule

2025

♥ low to moderate intensity

★ moderate to high intensity

*\*Any class is subject to change.*

● Diana Graves ● Clarissa Mosley

### All Classes Included with Full Membership

### For Non-members: \$7-day Pass

Day	Morning	Afternoon / Evening
<b>Monday</b>	<ul style="list-style-type: none"> <li>★ 5:00AM   Workout with D**</li> <li>★ 8:00AM   TOUGH with Clarissa (Legs)</li> </ul>	<ul style="list-style-type: none"> <li>★ 1:00PM   Lower Body Strength and Conditioning (Glute Training)</li> <li>♥ 3:00 PM   MOVEMENT IS MEDICINE (Core Strength and Stability)</li> </ul>
<b>Tuesday</b>	<ul style="list-style-type: none"> <li>★ 5:00AM   Workout with D**</li> <li>★ 8:00AM   STRONG with Clarissa (HIIT)</li> </ul>	<ul style="list-style-type: none"> <li>★ 1:00PM   Upper Body Strength and Conditioning (HIIT Training)</li> <li>♥ 3:00PM   MOVEMENT IS MEDICINE (Mobility &amp; Strength - Neck, Shoulder and Knees)</li> </ul>
<b>Wednesday</b>	<ul style="list-style-type: none"> <li>★ 5:00AM   Workout with D**</li> <li>★ 8:00AM   TOUGH with Clarissa (Upper body &amp; Abs)</li> </ul>	<ul style="list-style-type: none"> <li>★ 1:00PM   Lower Body Strength and Conditioning (Total Lower Body)</li> </ul>
<b>Thursday</b>	<ul style="list-style-type: none"> <li>★ 5:00AM   Workout with D**</li> </ul>	<ul style="list-style-type: none"> <li>★ 1:00PM   STRONG TO THE CORE HIIT (Ab Training)</li> <li>♥ 3:00   Legs and Yoga</li> <li>★ TOUGH with Clarissa (Total Body)</li> </ul>
<b>Friday</b>	<ul style="list-style-type: none"> <li>★ 5:00AM   Workout with D**</li> </ul>	

*\*\*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.*

*Any class is subject to change. All classes are included with full membership.*

Monday - Sunday

4 a.m. - 9 p.m.



McCameyCountyHospitalDistrictWellnessCenter



mchd\_wellness\_center

