



McCamey Wellness Center Class Schedule

June 2025

♥ low to moderate intensity

★ moderate to high intensity

**Any class is subject to change.*

● Lucy Johnson ● Diana Graves ● Clarissa Mosley ● Dora Martinez

All Classes Included with Full Membership

For Non-members: \$7-day Pass

Day	Morning	Afternoon / Evening
Monday	★ 5:00AM Workout with D** ★ 8:00AM TOUGH with Clarissa (Legs)	★ 1:00PM Lower Body Strength and Conditioning with Lucy (Glute Training) ♥ 4:30PM MOVEMENT IS MEDICINE with Lucy (Core Strength and Stability)
Tuesday	★ 5:00AM Workout with D** ★ 8:00AM STRONG with Clarissa (HIIT)	★ 1:00PM Upper Body Strength and Conditioning with Lucy (HIIT Training) ♥ 4:30PM MOVEMENT IS MEDICINE with Lucy (Mobility & Strength - Neck, Shoulder and Knees)
Wednesday	★ 5:00AM Workout with D** ★ 8:00AM TOUGH with Clarissa (Upper body & Abs)	★ 1:00PM Lower Body Strength and Conditioning with Lucy (Total Lower Body)
Thursday	★ 5:00AM Workout with D**	★ 1:00PM STRONG TO THE CORE HIIT with Lucy (Ab Training) ♥ 4:30 Tai Chi with Lucy ★ TOUGH with Clarissa (Total Body)
Friday	★ 5:00AM Workout with D**	

***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.*

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Monday – Sunday

4 a.m. – 9 p.m.



McCameyCountyHospitalDistrictWellnessCenter



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