

# APRIL 2024 - Wellness Center Class Schedule

## Instructors: (color coded)

Lucy Johnson,  
Diana Graves, Clarissa Mosley

AM classes (left column)

PM Classes (right column)

<p><b>Monday</b></p>	<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 with Lucy</p> <p>^#4:30 Core workout for Active Agers or Beginners with Lucy</p>
<p><b>Tuesday</b></p>	<p>#5:00 workout with D</p> <p>#8:00 STRONG with Clarissa - HIIT</p>	<p>#1:00 – upper body Strength and Conditioning with Lucy</p> <p>^#4:30-Functional Fitness for the Actively Aging or Beginners with Lucy (neck and knee strength and conditioning)</p> <p>#6:00 – ZUMBA with Diana</p>
<p><b>Wednesday</b></p>	<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 for maximum Lower Body build with Lucy</p> <p>** Workout with Nursing Home Residents at 3:30 pm with Lucy</p>
<p><b>Thursday</b></p>	<p>#5:00 workout with D</p>	<p>#1:00 – AB/Core Strength and Conditioning with Lucy</p> <p>@4:30 Tai Chi with Lucy</p> <p>6:00 - 7:00 TOUGH with Clarissa – Total Body</p>
<p><b>Friday</b></p>	<p>#5:00 workout with D</p> <p>#8:00 Fun Fitness Friday with Clarissa</p>	<p>KEY: denotes class intensity          @ - LOW TO MODERATE INTENSITY          # - MODERATE TO HIGH INTENSITY          ^ - ACTIVELY AGING OR POST SURGERY  <i>Any class is Subject to change</i></p> <ul style="list-style-type: none"> <li>• Open - MON.-SUN. 4 am to 9 pm</li> <li>• Check us out on Social media! Facebook: mccameycountyhospitaldistrictwellnesscenter Instagram: mchd_wellness_center</li> </ul>

• ALL CLASSES INCLUDED WITH FULL MEMBERSHIP

For non-members: \$7-day pass