

EASTERN NEW MEXICO SUPPORT GROUPS

Clovis

2nd Monday, 6:00 pm
Clovis Community College
417 Schepps Blvd.
Clovis, NM 88101

Las Cruces

3rd Tuesday, 10:00 am
Southwest Sport & Spine Center
1181 Mall Dr. Ste. D
Las Cruces, NM 88011

REGIONAL EXERCISE AND WELLNESS CLASSES

Lubbock – Craft Projects

Mondays, 2:00 pm
Shepherd of the Plains Lutheran Church
5812 73rd St.
Lubbock, TX 79424
Contact: (806) 785-2732

Lubbock - Yoga

Wednesdays, 2:30 pm
Hodges Community Center
4011 University Ave.
Lubbock, TX 79413
Contact: (806) 785-2732

Lubbock - Dance

Mondays, 10:00 am
Rawlings Community Center
213 40th St.
Lubbock, TX 79404

Lubbock - Yoga

Tuesdays and Thursdays, 10:45 am
Maxey Park
4020 30th St.
Lubbock, TX 79410
Contact: (806) 767-3796

Lubbock – Exercise

Mondays and Wednesdays, 12:45 pm
Trejo Center
3200 Amherst St.
Lubbock, TX 79415
Contact: (806) 767-2705

Lubbock – Water Exercise

Tuesdays and Thursdays, 9:30 am
Covenant Lifestyle Center
3615 19th St.
Lubbock, TX 79410

Lubbock - Exercise

Mondays and Thursdays, 1:00 pm
Mae Simmons Community and Adult Activity Center
2004 Oak Ave.
Lubbock, TX 79403
Contact: (806) 767-2700

Lubbock - Zumba

Mondays & Thursdays, 10:15 am
Covenant NeuroScience Institute
3610 22nd St.
Lubbock, TX 79410