



# IT'S A GREAT DAY!

## DECEMBER 2018 SWCC GROUP EXERCISE SCHEDULE

MON	TUE	WED	THU	FRI	SAT	WE'RE GLAD YOU'RE HERE
<b>MARTIAL ARTS 6PM</b> 1st & 3rd Tues of the month					1	<b>Hours of Operation</b> <b>Mon-Thurs:</b> 5:00AM - 9:00PM <b>Friday:</b> 5:00AM - 7:30PM <b>Saturday:</b> 8:00AM - 1:00PM <b>Sunday:</b> 1:00PM - 5:00PM  <b>Child Watch Hours</b> <b>Monday-Thursday</b> 4:00PM-8:00PM  <b>Check Out Our FB page</b> <b>For Group Exercise</b> <b>Changes/Updates</b> <a href="https://facebook.com/swccymca">facebook.com/swccymca</a>  <b>Have Questions?</b> <b>Contact Us!</b> Phone: 276-964-7600  <b>YMCA Mission</b> To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.
3 <b>6AM BATTLE ROPES</b> <b>6PM DANCE TO FIT</b>	4 <b>5PM GENTLE FLOW YOGA</b> <b>6PM INDOOR CYCLE</b> <b>6PM POUND</b> <b>6PM MARTIAL ARTS</b>	5 <b>6AM BATTLE ROPES</b> <b>6PM DANCE TO FIT</b>	6 <b>5PM POWER YOGA</b> <b>6PM INDOOR CYCLE</b>	7 <b>6AM BATTLE ROPES</b>	8	
10 <b>6AM BATTLE ROPES</b> <b>6PM DANCE TO FIT</b>	11 <b>5PM GENTLE FLOW YOGA</b> <b>6PM INDOOR CYCLE</b> <b>6PM POUND</b>	12 <b>6AM BATTLE ROPES</b> <b>6PM DANCE TO FIT</b>	13 <b>5PM POWER YOGA</b> <b>6PM INDOOR CYCLE</b>	14 <b>6AM BATTLE ROPES</b>	15	
17 <b>6AM BATTLE ROPES</b> <b>6PM DANCE TO FIT</b>	18 <b>5PM GENTLE FLOW YOGA</b> <b>6PM INDOOR CYCLE</b> <b>6PM POUND</b> <b>6PM MARTIAL ARTS</b>	19 <b>6AM BATTLE ROPES</b> <b>6PM DANCE TO FIT</b>	20 <b>5PM POWER YOGA</b> <b>6PM INDOOR CYCLE</b>	21 <b>6AM BATTLE ROPES</b>	22	
24 <b>CHRISTMAS EVE</b> <b>NO CLASSES</b>	25 <b>MERRY CHRISTMAS</b>	26 <b>6AM BATTLE ROPES,</b> <b>NO CLASS</b>  <b>6PM DANCE TO FIT</b>	27 <b>5PM POWER YOGA,</b> <b>NO CLASS</b> <b>6PM INDOOR CYCLE</b>	28 <b>6AM BATTLE ROPES,</b> <b>NO CLASS</b>	29	