



IT'S A GREAT DAY!

FEBRUARY 2018 SWCC GROUP EXERCISE SCHEDULE

MON	TUE	WED	THU	FRI	SAT	WE'RE GLAD YOU'RE HERE
			1 5:00PM POWER YOGA 6:00PM INDOOR CYCLE	2 6:00AM BATTLE ROPES	3 9:30AM YOGA BASICS	<p>Hours of Operation Mon-Thurs: 5:00AM - 9:00PM Friday: 5:00AM - 7:30PM Saturday: 8:00AM - 1:00PM Sunday: 1:00PM - 5:00PM</p> <p>Child Watch Hours Monday-Thursday 4:00PM-8:00PM</p> <p>Check Out Our FB page For Group Exercise Changes/Updates facebook.com/swccymca</p> <p>Have Questions? Contact Us! Phone: 276-964-7600</p> <p>YMCA Mission To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.</p>
5 6:00AM BATTLE ROPES 6:00PM DANCE TO FIT	6 5:00PM SLOW FLOW YOGA 6:00PM INDOOR CYCLE 6:00PM POUND	7 6:00AM BATTLE ROPES 6:00PM DANCE TO FIT	8 5:00PM POWER YOGA 6:00PM INDOOR CYCLE	9 6:00AM BATTLE ROPES	10 9:30AM YOGA BASICS	
12 6:00AM BATTLE ROPES 6:00PM DANCE TO FIT	13 5:00PM SLOW FLOW YOGA 6:00PM INDOOR CYCLE 6:00PM POUND	14 6:00AM BATTLE ROPES 6:00PM DANCE TO FIT	15 5:00PM POWER YOGA 6:00PM INDOOR CYCLE	16 6:00AM BATTLE ROPES	17 9:30AM YOGA BASICS	
19 6:00AM BATTLE ROPES 6:00PM DANCE TO FIT	20 5:00PM SLOW FLOW YOGA 6:00PM INDOOR CYCLE 6:00PM POUND	21 6:00AM BATTLE ROPES 6:00PM DANCE TO FIT	22 5:00PM POWER YOGA 6:00PM INDOOR CYCLE	23 6:00AM BATTLE ROPES	24 9:30AM YOGA BASICS	
25 6:00AM BATTLE ROPES 6:00PM DANCE TO FIT	26 5:00PM SLOW FLOW YOGA 6:00PM INDOOR CYCLE 6:00PM POUND	27 6:00AM BATTLE ROPES 6:00PM DANCE TO FIT	28 5:00PM POWER YOGA 6:00PM INDOOR CYCLE			