



# IT'S A GREAT DAY!

## FEBRUARY 2019 SWCC GROUP EXERCISE SCHEDULE

MON	TUE	WED	THU	FRI	SAT	WE'RE GLAD YOU'RE HERE
				1 6AM BATTLE ROPES	2	<p><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</p> <p><b>Child Watch Hours</b>  <b>Monday-Thursday</b>                      4:00PM-8:00PM</p> <p><b>Check Out Our FB page</b>  <b>For Group Exercise</b>  <b>Changes/Updates</b>                      facebook.com/swccymca</p> <p><b>Have Questions?</b>  <b>Contact Us!</b>  <b>Phone: 276-964-7600</b></p> <p><b>YMCA Mission</b>                      To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.</p>
4 6AM BATTLE ROPES 6PM DANCE TO FIT	5 5PM SLOW FLOW YOGA 6PM INDOOR CYCLE 6PM POUND	6 6AM BATTLE ROPES 6PM DANCE TO FIT	7 5PM POWER YOGA 6PM INDOOR CYCLE NO CLASS 6PM TONING	8 6AM BATTLE ROPES	9	
11 6AM BATTLE ROPES 530PM BATTLE ROPES 6PM DANCE TO FIT	12 5PM SLOW FLOW YOGA 6PM INDOOR CYCLE 6PM POUND NO CLASS	13 6AM BATTLE ROPES 530PM BATTLE ROPES 6PM DANCE TO FIT	14 5PM POWER YOGA 6PM INDOOR CYCLE 6PM TONING NO CLASS	15 6AM BATTLE ROPES	16	
18 6AM BATTLE ROPES 530PM BATTLE ROPES 6PM DANCE TO FIT	19 5PM SLOW FLOW YOGA 6PM INDOOR CYCLE 6PM POUND	20 6AM BATTLE ROPES 530PM BATTLE ROPES 6PM DANCE TO FIT	21 5PM POWER YOGA 6PM INDOOR CYCLE 6PM TONING	22 6AM BATTLE ROPES	23	
25 6AM BATTLE ROPES 530PM BATTLE ROPES 6PM DANCE TO FIT	26 5PM SLOW FLOW YOGA 6PM INDOOR CYCLE 6PM POUND	27 6AM BATTLE ROPES 530PM BATTLE ROPES 6PM DANCE TO FIT	28 5PM POWER YOGA 6PM INDOOR CYCLE 6PM TONING			