



IT'S A GREAT DAY!

JANUARY 2018 SWCC GROUP EXERCISE SCHEDULE

MON	TUE	WED	THU	FRI	SAT	WE'RE GLAD YOU'RE HERE
1 CLOSED HAPPY NEW YEAR!	2 5:00PM SLOW FLOW YOGA 6:00PM INDOOR CYCLE 6:00PM POUND	3 6:00AM BATTLE ROPES 6:00PM DANCE TO FIT	4 5:00PM POWER YOGA 6:00PM INDOOR CYCLE	5 6:00AM BATTLE ROPES	6 9:30AM YOGA BASICS	Hours of Operation Mon-Thurs: 5:00AM - 9:00PM Friday: 5:00AM - 7:30PM Saturday: 8:00AM - 1:00PM Sunday: 1:00PM - 5:00PM Child Watch Hours Monday-Thursday 4:00PM-8:00PM Check Out Our FB page For Group Exercise Changes/Updates facebook.com/swccymca Have Questions? Contact Us! Phone: 276-964-7600 YMCA Mission To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.
8 6:00AM BATTLE ROPES 6:00PM DANCE TO FIT	9 5:00PM SLOW FLOW YOGA 6:00PM INDOOR CYCLE 6:00PM POUND	10 6:00AM BATTLE ROPES 6:00PM DANCE TO FIT	11 5:00PM POWER YOGA 6:00PM INDOOR CYCLE	12 6:00AM BATTLE ROPES	13 9:30AM YOGA BASICS	
15 6:00AM BATTLE ROPES 6:00PM DANCE TO FIT	16 5:00PM SLOW FLOW YOGA 6:00PM INDOOR CYCLE 6:00PM POUND	17 6:00AM BATTLE ROPES 6:00PM DANCE TO FIT	18 5:00PM POWER YOGA 6:00PM INDOOR CYCLE	19 6:00AM BATTLE ROPES	20 9:30AM YOGA BASICS	
22 6:00AM BATTLE ROPES 6:00PM DANCE TO FIT	23 5:00PM SLOW FLOW YOGA 6:00PM INDOOR CYCLE 6:00PM POUND	24 6:00AM BATTLE ROPES 6:00PM DANCE TO FIT	25 5:00PM POWER YOGA 6:00PM INDOOR CYCLE	26 6:00AM BATTLE ROPES	27 9:30AM YOGA BASICS	
29 6:00AM BATTLE ROPES 6:00PM DANCE TO FIT	30 5:00PM SLOW FLOW YOGA 6:00PM INDOOR CYCLE 6:00PM POUND	31 6:00AM BATTLE ROPES 6:00PM DANCE TO FIT				