



IT'S A GREAT DAY!

JANUARY 2019 SWCC GROUP EXERCISE SCHEDULE

MON	TUE	WED	THU	FRI	SAT	WE'RE GLAD YOU'RE HERE
	1 HAPPY NEW YEAR OPEN 8am-2pm	2 6AM BATTLE ROPES 6PM DANCE TO FIT	3 5PM POWER YOGA 6PM INDOOR CYCLE	4 6AM BATTLE ROPES	5	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 healthy spirit, mind, and body for all.
7 6AM BATTLE ROPES 6PM DANCE TO FIT	8 5PM GENTLE FLOW YOGA 6PM INDOOR CYCLE 6PM POUND	9 6AM BATTLE ROPES 6PM DANCE TO FIT	10 5PM POWER YOGA 6PM INDOOR CYCLE 6PM TONING	11 6AM BATTLE ROPES	12	
14 6AM BATTLE ROPES 6PM DANCE TO FIT	15 5PM GENTLE FLOW YOGA 6PM INDOOR CYCLE 6PM POUND	16 6AM BATTLE ROPES 6PM DANCE TO FIT	17 5PM POWER YOGA 6PM INDOOR CYCLE 6PM TONING	18 6AM BATTLE ROPES	19	
21 6AM BATTLE ROPES 6PM DANCE TO FIT	22 5PM GENTLE FLOW YOGA 6PM INDOOR CYCLE 6PM POUND	23 6AM BATTLE ROPES 6PM DANCE TO FIT	24 5PM POWER YOGA 6PM INDOOR CYCLE 6PM TONING	25 6AM BATTLE ROPES	26	
28 6AM BATTLE ROPES 6PM DANCE TO FIT	29 5PM GENTLE FLOW YOGA 6PM INDOOR CYCLE 6PM POUND	30 6AM BATTLE ROPES 6PM DANCE TO FIT	31 5PM POWER YOGA 6PM INDOOR CYCLE 6PM TONING			