



# IT'S A GREAT DAY!

## MARCH 2018 SWCC GROUP EXERCISE SCHEDULE

MON	TUE	WED	THU	FRI	SAT	WE'RE GLAD YOU'RE HERE
			<b>1</b> <b>5:00PM</b> POWER YOGA <b>6:00PM</b> INDOOR CYCLE	<b>2</b> <b>6:00AM</b> BATTLE ROPES	<b>3</b>	<p><b>Hours of Operation</b>            Mon-Thurs:            5:00AM - 9:00PM            Friday:            5:00AM - 7:30PM            Saturday:            8:00AM - 1:00PM            Sunday:            1:00PM - 5:00PM</p> <p><b>Child Watch Hours</b>            Monday-Thursday            4:00PM-8:00PM</p> <p><b>Check Out Our FB page</b>            For Group Exercise            Changes/Updates  <a href="https://facebook.com/swccymca">facebook.com/swccymca</a></p> <p><b>Have Questions?            Contact Us!</b>            Phone: 276-964-7600</p> <p><b>YMCA Mission</b>            To put Christian principles            into practice through            programs that build a            healthy spirit, mind, and            body for all.</p>
<b>5</b> <b>6:00AM</b> BATTLE ROPES <b>6:00PM</b> DANCE TO FIT	<b>6</b> <b>5:00PM SLOW</b> FLOW YOGA <b>6:00PM</b> INDOOR CYCLE <b>6:00PM</b> POUND	<b>7</b> <b>6:00AM</b> BATTLE ROPES <b>6:00PM</b> DANCE TO FIT	<b>8</b> <b>5:00PM</b> POWER YOGA <b>6:00PM</b> INDOOR CYCLE	<b>9</b> <b>6:00AM</b> BATTLE ROPES	<b>10</b>	
<b>12</b> <b>6:00AM</b> BATTLE ROPES <b>6:00PM</b> DANCE TO FIT	<b>13</b> <b>5:00PM SLOW</b> FLOW YOGA <b>6:00PM</b> INDOOR CYCLE <b>6:00PM</b> POUND	<b>14</b> <b>6:00AM</b> BATTLE ROPES <b>6:00PM</b> DANCE TO FIT	<b>15</b> <b>5:00PM</b> POWER YOGA <b>6:00PM</b> INDOOR CYCLE	<b>16</b> <b>6:00AM</b> BATTLE ROPES	<b>17</b>	
<b>19</b> <b>6:00AM</b> BATTLE ROPES <b>6:00PM</b> DANCE TO FIT	<b>20</b> <b>5:00PM SLOW</b> FLOW YOGA <b>6:00PM</b> INDOOR CYCLE <b>6:00PM</b> POUND	<b>21</b> <b>6:00AM</b> BATTLE ROPES <b>6:00PM</b> DANCE TO FIT	<b>22</b> <b>5:00PM</b> POWER YOGA <b>6:00PM</b> INDOOR CYCLE	<b>23</b> <b>6:00AM</b> BATTLE ROPES	<b>24</b>	
<b>26</b> <b>6:00AM</b> BATTLE ROPES <b>6:00PM</b> DANCE TO FIT	<b>27</b> <b>5:00PM SLOW</b> FLOW YOGA <b>6:00PM</b> INDOOR CYCLE <b>6:00PM</b> POUND	<b>28</b> <b>6:00AM</b> BATTLE ROPES <b>6:00PM</b> DANCE TO FIT	<b>29</b> <b>5:00PM</b> POWER YOGA <b>6:00PM</b> INDOOR CYCLE	<b>30</b> <b>6:00AM</b> BATTLE ROPES	<b>31</b>	