



SWCC YMCA

May Group Exercise Schedule

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

MON	TUE	WED	THU	FRI	SAT
1 6am Battle Ropes 4pm Yoga 5pm R.I.P.P.E.D. 6pm Fitness Fusion	2 6pm Indoor Cycling 7pm Yoga	3 6am Battle Ropes 5pm R.I.P.P.E.D.	4 5pm Yoga 6pm Indoor Cycling 6pm Cardio Jam	5 6am Battle Ropes	6 10am YOGA
8 6am Battle Ropes NO YOGA 5pm R.I.P.P.E.D. 6pm FITNESS FUSION	9 6pm Indoor Cycling 7pm YOGA	10 6am Battle Ropes 5pm R.I.P.P.E.D.	11 The SWCC YMCA will CLOSE at 2pm for the SWCC GRADUATION	12 NO Battle Ropes Class Today	13 10am YOGA
15 6am Battle Ropes 4pm YOGA 6pm FITNESS FUSION	16 6pm Indoor Cycling 7pm YOGA	17 6am Battle Ropes	18 NO YOGA TODAY 6pm Indoor Cycling 6pm CARDIO JAM	19 6am Battle Ropes	20 10am YOGA
22 6am Battle Ropes 4pm YOGA 6pm FITNESS FUSION	23 6pm Indoor Cycling 7pm YOGA	24 6am Battle Ropes	25 5pm YOGA 6 pm Indoor Cycling 6pm CARDIO JAM	26 No Battle Ropes Class Today	27 NO YOGA Class Today
29 The YMCA will be CLOSED Memorial Day	30 6pm Indoor Cycling 7pm YOGA	31 6am Battle Ropes			