



IT'S A GREAT DAY!

MAY 2018 SWCC GROUP EXERCISE SCHEDULE

MON	TUE	WED	THU	FRI	SAT	WE'RE GLAD YOU'RE HERE
	1 5:00PM SLOW FLOW YOGA 6:00PM INDOOR CYCLE 6:00PM ZUMBA 6:00PM KARATE	2 6:00AM BATTLE ROPES 6:00PM DANCE TO FIT	3 5:00PM POWER YOGA 6:00PM INDOOR CYCLE	4 6:00AM BATTLE ROPES 6:00PM DANCE TO FIT	5	<p>Hours of Operation Mon-Thurs: 5:00AM - 9:00PM Friday: 5:00AM - 7:30PM Saturday: 8:00AM - 1:00PM Sunday: 1:00PM - 5:00PM</p> <p>Child Watch Hours Monday-Thursday 4:00PM-8:00PM</p> <p>Check Out Our FB page For Group Exercise Changes/Updates facebook.com/swccymca</p> <p>Have Questions? Contact Us! Phone: 276-964-7600</p> <p>YMCA Mission To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.</p>
7 6:00AM BATTLE ROPES	8 5:00PM SLOW FLOW YOGA 6:00PM INDOOR CYCLE 6:00PM ZUMBA 6:00PM KARATE	9 6:00AM BATTLE ROPES 6:00PM DANCE TO FIT	10 5:00PM POWER YOGA 6:00PM INDOOR CYCLE	11 6:00AM BATTLE ROPES 6:00PM DANCE TO FIT	12	
14 6:00AM BATTLE ROPES	15 5:00PM SLOW FLOW YOGA 6:00PM INDOOR CYCLE 6:00PM ZUMBA 6:00PM KARATE	16 6:00AM BATTLE ROPES 6:00PM DANCE TO FIT	17 5:00PM POWER YOGA 6:00PM INDOOR CYCLE	18 6:00AM BATTLE ROPES 6:00PM DANCE TO FIT	19	
21 6:00AM BATTLE ROPES	22 5:00PM SLOW FLOW YOGA 6:00PM INDOOR CYCLE 6:00PM ZUMBA 6:00PM KARATE	23 6:00AM BATTLE ROPES 6:00PM DANCE TO FIT	24 5:00PM POWER YOGA 6:00PM INDOOR CYCLE	25 6:00AM BATTLE ROPES 6:00PM DANCE TO FIT	26	
28 6:00AM BATTLE ROPES	29 5:00PM SLOW FLOW YOGA 6:00PM INDOOR CYCLE 6:00PM ZUMBA 6:00PM KARATE	30 6:00AM BATTLE ROPES 6:00PM DANCE TO FIT	31 5:00PM POWER YOGA 6:00PM INDOOR CYCLE			