



# IT'S A GREAT DAY!

## NOVEMBER 2018 SWCC GROUP EXERCISE SCHEDULE

MON	TUE	WED	THU	FRI	SAT	WE'RE GLAD YOU'RE HERE
<b>MARTIAL ARTS 6PM</b> 1st & 3rd Tues of the month			1 <b>5PM POWER YOGA, NO CLASS</b> <b>6PM INDOOR CYCLE</b> <b>6PM TONING</b>	2 <b>6AM BATTLE ROPES</b>	3	<p><b>Hours of Operation</b>  <b>Mon-Thurs:</b>            5:00AM - 9:00PM  <b>Friday:</b>            5:00AM - 7:30PM  <b>Saturday:</b>            8:00AM - 1:00PM  <b>Sunday:</b>            1:00PM - 5:00PM</p> <p><b>Child Watch Hours</b>  <b>Monday-Thursday</b>            4:00PM-8:00PM</p> <p><b>Check Out Our FB page</b>  <b>For Group Exercise Changes/Updates</b>  <a href="https://facebook.com/swccymca">facebook.com/swccymca</a></p> <p><b>Have Questions? Contact Us!</b>  <b>Phone: 276-964-7600</b></p> <p><b>YMCA Mission</b>            To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.</p>
5 <b>6AM BATTLE ROPES</b> <b>6PM DANCE TO FIT</b>	6 <b>5PM GENTLE FLOW YOGA</b> <b>6PM INDOOR CYCLE</b> <b>6PM POUND</b> <b>6PM MARTIAL ARTS</b>	7 <b>6AM BATTLE ROPES</b> <b>6PM DANCE TO FIT</b>	8 <b>5PM POWER YOGA</b> <b>6PM INDOOR CYCLE</b> <b>6PM TONING</b>	9 <b>6AM BATTLE ROPES</b>	10 <b>9:30AM BEGINNING YOGA</b>	
12 <b>6AM BATTLE ROPES, NO CLASS</b> <b>6PM DANCE TO FIT</b>	13 <b>5PM GENTLE FLOW YOGA</b> <b>6PM INDOOR CYCLE</b> <b>6PM POUND</b>	14 <b>6AM BATTLE ROPES, NO CLASS</b> <b>6PM DANCE TO FIT, NO CLASS</b>	15 <b>5PM POWER YOGA</b> <b>6PM INDOOR CYCLE</b> <b>6PM TONING, NO CLASS</b>	16 <b>6AM BATTLE ROPES, NO CLASS</b>	17 <b>9:30AM BEGINNING YOGA</b>	
19 <b>6AM BATTLE ROPES</b> <b>6PM DANCE TO FIT, NO CLASS</b>	20 <b>5PM GENTLE FLOW YOGA</b> <b>6PM INDOOR CYCLE</b> <b>6PM POUND</b> <b>6PM MARTIAL ARTS</b>	21 <b>6AM BATTLE ROPES</b> <b>6PM DANCE TO FIT, NO CLASS</b>	22 <b>CLOSED FOR THAKSGIVING</b>	23 <b>6AM BATTLE ROPES, NO CLASS</b>	24 <b>9:30AM BEGINNING YOGA</b>	
26 <b>6AM BATTLE ROPES</b> <b>6PM DANCE TO FIT, NO CLASS</b>	27 <b>5PM GENTLE FLOW YOGA</b> <b>6PM INDOOR CYCLE</b> <b>6PM POUND</b>	28 <b>6AM BATTLE ROPES</b> <b>6PM DANCE TO FIT, NO CLASS</b>	29 <b>5PM POWER YOGA, NO CLASS</b> <b>6PM INDOOR CYCLE</b> <b>6PM TONING</b>	30 <b>6AM BATTLE ROPES</b>		