




IT'S A GREAT DAY!

SEPTEMBER 2017 SWCC GROUP EXERCISE SCHEDULE

MON	TUE	WED	THU	FRI	WE'RE SO GLAD YOU'RE HERE!
				1 6:00AM BATTLE ROPES	<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 Facebook Page For Group Exercise Changes/Updates www.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 a healthy spirit, mind, and body for all.</p>
4  CLOSED FOR LABOR DAY	5 5:00PM SLOW FLOW YOGA 6:00PM INDOOR CYCLE	6 6:00AM BATTLE ROPES 5:00PM R.I.P.P.E.D. 6:00PM DANCE 2 FIT	7 5:00PM POWER YOGA 6:00PM INDOOR CYCLE	8 6:00AM BATTLE ROPES	
11 6:00AM BATTLE ROPES 5:00PM R.I.P.P.E.D. 6:00PM CARDIO JAM	12 5:00PM SLOW FLOW YOGA 6:00PM INDOOR CYCLE 6:00PM POUND	13 6:00AM BATTLE ROPES 5:00PM R.I.P.P.E.D. 6:00PM DANCE 2 FIT	14 5:00PM POWER YOGA 6:00PM INDOOR CYCLE	15 6:00AM BATTLE ROPES	
18 6:00AM BATTLE ROPES 5:00PM R.I.P.P.E.D. 6:00PM CARDIO JAM	19 5:00PM SLOW FLOW YOGA 6:00PM INDOOR CYCLE 6:00PM POUND	20 6:00AM BATTLE ROPES 5:00PM R.I.P.P.E.D. 6:00PM DANCE 2 FIT	21 5:00PM POWER YOGA 6:00PM INDOOR CYCLE	22 6:00AM BATTLE ROPES	
25 6:00AM BATTLE ROPES 5:00PM R.I.P.P.E.D. 6:00PM CARDIO JAM	26 5:00PM SLOW FLOW YOGA 6:00PM INDOOR CYCLE 6:00PM POUND	27 6:00AM BATTLE ROPES 5:00PM R.I.P.P.E.D. 6:00PM DANCE 2 FIT	28 5:00PM POWER YOGA 6:00PM INDOOR CYCLE	29 6:00AM BATTLE ROPES	