



IT'S A GREAT DAY!

MARCH 2020 SWCC GROUP EXERCISE SCHEDULE

MON	TUE	WED	THU	FRI	SAT	WE'RE GLAD YOU'RE HERE
2 6AM BATTLE ROPES 5:30 PM BATTLE ROPES 6PM DANCE TO FIT	3 5:15 PM ZUMBA 6PM POUND 7PM SLOW FLOW YOGA	4 6AM BATTLE ROPES 5:30 PM BATTLE ROPES 6PM DANCE TO FIT	5 6PM MASH-UP NO CLASS 7PM POWER YOGA NO CLASS	6 6AM BATTLE ROPES	7	<p>Hours of Operation: Monday-Thursday: 5:00AM - 9:00PM Friday: 5:00AM - 7:30PM Saturday: 8:00AM - 1:00PM Sunday: 1:00PM - 5:00PM Child Watch Hours: Monday-Thursday 4:00PM-8:00PM</p> <p>Class Instructors: <i>Battle Ropes:</i> Shawn Durham (6AM) & Tim Stine (5:30PM) <i>Indoor Cycle:</i> Derek White <i>Dance To Fit:</i> Elizabeth Lester <i>Zumba:</i> Becky Dye <i>Pound/Mash-Up:</i> Susan Harris <i>Yoga:</i> Courtney Jennelle</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>
9 6AM BATTLE ROPES 5:30 PM BATTLE ROPES 6PM DANCE TO FIT	10 5:15 PM ZUMBA 6PM POUND 7PM SLOW FLOW YOGA	11 6AM BATTLE ROPES 5:30PM BATTLE ROPES 6PM DANCE TO FIT	12 6PM MASH-UP 7PM POWER YOGA	13 6AM BATTLE ROPES	14	
16 6AM BATTLE ROPES 5:30 PM BATTLE ROPES 6PM DANCE TO FIT	17 5:15 PM ZUMBA 6PM POUND 7PM SLOW FLOW YOGA	18 6AM BATTLE ROPES 5:30 PM BATTLE ROPES 6PM DANCE TO FIT	19 6PM MASH-UP 7PM POWER YOGA	20 6AM BATTLE ROPES	21	
23 6AM BATTLE ROPES 5:30 PM BATTLE ROPES 6PM DANCE TO FIT	24 5:15 PM ZUMBA 6PM POUND 7PM SLOW FLOW YOGA	25 6AM BATTLE ROPES 5:30 PM BATTLE ROPES 6PM DANCE TO FIT	26 6PM POUND 7PM POWER YOGA	27 6AM BATTLE ROPES	28	
30 6AM BATTLE ROPES 5:30 PM BATTLE ROPES 6PM DANCE TO FIT	31 5:15 PM ZUMBA 6PM POUND 7PM SLOW FLOW YOGA					