



IT'S A GREAT DAY!

APRIL 2021

SWCC GROUP EXERCISE SCHEDULE

MON	TUE	WED	THU	FRI	WE'RE GLAD YOU'RE HERE
			1 5:15PM ZUMBA TONE 6:00PM YOGA	2 6:00AM BATTLE ROPES	<p>Hours of Operation: Monday–Thursday: 5:00AM - 8:00PM Friday: 5:00AM - 7:00PM Saturday: 8:00AM – 2:00PM Sunday: 1:00PM– 5:00PM</p> <p>Child Watch Hours: Closed at this time</p> <p>Class Instructors: Battle Ropes: Shawn Durham (6AM) & Tim Stine (5:30PM) Dance To Fit: Elizabeth Lester Zumba: & Spin: Becky Dye Pound/Mash-Up: Susan Harris Yoga: Kaitlin Haywood</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>
5 6:00AM BATTLE ROPES 5:30PM BATTLE ROPES 7:00PM SPIN NO CLASS 7:00PM DANCE TO FIT	6 5:15PM ZUMBA GOLD 6:00PM YOGA	7 6:00AM BATTLE ROPES 5:30PM BATTLE ROPES 7:00PM SPIN NO CLASS 7:00PM DANCE TO FIT	8 5:15PM ZUMBA TONE NO CLASS 6:00PM YOGA	9 6:00AM BATTLE ROPES	
12 6:00AM BATTLE ROPES 5:30PM BATTLE ROPES 7:00PM SPIN 7:00PM DANCE TO FIT	13 5:15PM ZUMBA GOLD 6:00PM YOGA NO CLASS	14 6:00AM BATTLE ROPES 5:30PM BATTLE ROPES 7:00PM SPIN 7:00PM DANCE TO FIT	15 5:15PM ZUMBA TONE 6:00PM YOGA	16 6:00AM BATTLE ROPES	
19 6:00AM BATTLE ROPES 5:30PM BATTLE ROPES 7:00PM SPIN 7:00PM DANCE TO FIT	20 5:15PM ZUMBA GOLD 6:00PM YOGA	21 6:00AM BATTLE ROPES 5:30PM BATTLE ROPES 7:00PM SPIN 7:00PM DANCE TO FIT	22 5:15PM ZUMBA TONE 6:00PM YOGA	23 6:00AM BATTLE ROPES	
26 6:00AM BATTLE ROPES 5:30PM BATTLE ROPES 7:00PM SPIN 7:00PM DANCE TO FIT	27 5:15PM ZUMBA GOLD 6:00PM YOGA	28 6:00AM BATTLE ROPES 5:30PM BATTLE ROPES 7:00PM SPIN 7:00PM DANCE TO FIT	29 5:15PM ZUMBA TONE 6:00PM YOGA	30 6:00AM BATTLE ROPES	