



IT'S A GREAT DAY!

FEBRUARY 2021

SWCC GROUP EXERCISE SCHEDULE

MON	TUE	WED	THU	FRI	WE'RE GLAD YOU'RE HERE
1 6AM BATTLE ROPES 5:30 PM BATTLE ROPES 6PM SPIN 7PM DANCE TO FIT	2 5:15 ZUMBA GOLD 6PM POUND 6PM YOGA	3 6AM BATTLE ROPES 5:30 BATTLE ROPES 6PM SPIN 7PM DANCE TO FIT	4 5:15 ZUMBA TONE 6PM MASH UP 6PM YOGA	5 6AM BATTLE ROPES	<p>Hours of Operation: Monday-Thursday: 5:00AM - 8:00PM Friday: 5:00AM - 7:00PM Saturday: 8:00AM - 2:00PM Sunday: CLOSED</p> <p>Child Watch Hours: Monday-Thursday 2:00PM-7:00PM</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>
8 6AM BATTLE ROPES 5:30PM BATTLE ROPES 6PM SPIN 7PM DANCE TO FIT	9 5:15PM ZUMBA GOLD 6PM POUND 6PM YOGA	10 6AM BATTLE ROPES 5:30PM BATTLE ROPES 6PM SPIN 7PM DANCE TO FIT	11 5:15PM ZUMBA TONE 6PM MASH UP 6PM YOGA	12 6AM BATTLE ROPES	
15 6AM BATTLE ROPES 5:30PM BATTLE ROPES 6PM SPIN 7PM DANCE TO FIT	16 5:15PM ZUMBA GOLD 6PM POUND 6PM YOGA NO CLASS	17 6AM BATTLE ROPES 5:30PM BATTLE ROPES 6PM SPIN 7PM DANCE TO FIT	18 5:15PM ZUMBA TONE 6PM MASH UP 6PM YOGA	19 6AM BATTLE ROPES	
22 6AM BATTLE ROPES 5:30PM BATTLE ROPES 6PM SPIN 7PM DANCE TO FIT	23 5:15PM ZUMBA GOLD 6PM POUND 6PM YOGA	24 6AM BATTLE ROPES 5:30PM BATTLE ROPES 6PM SPIN 7PM DANCE TO FIT	25 5:15PM ZUMBA TONE 6PM MASH UP 6PM YOGA	26 6AM BATTLE ROPES	