



IT'S A GREAT DAY!

OCTOBER 2020 SWCC GROUP EXERCISE SCHEDULE

MON	TUE	WED	THU	FRI	SAT	WE'RE GLAD YOU'RE HERE
			1 5:15PM ZUMBA NO CLASS 6:00PM POUND	2 6:00AM BATTLE ROPES	3	<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 (6:00AM) Tim Stine (5:30PM) Dance To Fit & Boot Camp: 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 5:00PM YOGA 5:30PM BATTLE ROPES 6:00PM DANCE TO FIT 7:00PM SPIN	6 5:15PM ZUMBA 6:00PM POUND	7 6:00AM BATTLE ROPES 5:00PM YOGA 5:30PM BATTLE ROPES 6:30PM BOOT CAMP 7:00PM SPIN	8 5:15PM ZUMBA NO CLASS 6:00PM POUND	9 6:00AM BATTLE ROPES	10	
12 6:00AM BATTLE ROPES 5:00PM YOGA 5:30PM BATTLE ROPES 6:00PM DANCE TO FIT 7:00PM SPIN	13 5:15PM ZUMBA 6:00PM POUND NO CLASS	14 6:00AM BATTLE ROPES 5:00PM YOGA 5:30 PM BATTLE ROPES 6:30PM BOOT CAMP 7:00PM SPIN	15 5:15PM ZUMBA NO CLASS 6:00PM POUND NO CLASS	16 6:00AM BATTLE ROPES	17	
19 6:00AM BATTLE ROPES 5:00PM YOGA 5:30PM BATTLE ROPES 6:00PM DANCE TO FIT 7:00PM SPIN NO CLASS	20 5:15PM ZUMBA 6:00PM POUND	21 6:00AM BATTLE ROPES 5:00PM YOGA 5:30 PM BATTLE ROPES 6:30PM BOOT CAMP 7:00PM SPIN	22 5:15PM ZUMBA NO CLASS 6:00PM POUND	23 6:00AM BATTLE ROPES	24	
26 6:00AM BATTLE ROPES 5:00PM YOGA 5:30PM BATTLE ROPES 6:00PM DANCE TO FIT 7:00PM SPIN	27 5:15PM ZUMBA 6:00PM POUND	28 6:00AM BATTLE ROPES 5:00PM YOGA 5:30PM BATTLE ROPES 6:30PM BOOT CAMP 7:00PM SPIN	29 5:15PM ZUMBA GOLD NO CLASS 6:00 POUND	30 6:00AM BATTLE ROPES	31	