



IT'S A GREAT DAY!

APRIL 2019 SWCC GROUP EXERCISE SCHEDULE

MON	TUE	WED	THU	FRI	SAT	WE'RE GLAD YOU'RE HERE
1 6AM BATTLE ROPES 5:30PM BATTLE ROPES 6PM DANCE TO FIT	2 5PM SLOW FLOW YOGA 6PM INDOOR CYCLE 6PM POUND	3 6AM BATTLE ROPES 5:30PM BATTLE ROPES 6PM DANCE TO FIT	4 5PM POWER YOGA 6PM INDOOR CYCLE 6PM POUND	5 6AM BATTLE ROPES	6	<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 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 DANCE TO FIT	9 5PM SLOW FLOW YOGA 6PM INDOOR CYCLE 6PM POUND	10 6AM BATTLE ROPES 5:30PM BATTLE ROPES 6PM DANCE TO FIT	11 5PM POWER YOGA 6PM INDOOR CYCLE 6PM POUND	12 6AM BATTLE ROPES	13	
15 6AM BATTLE ROPES 5:30PM BATTLE ROPES 6PM DANCE TO FIT	16 5PM SLOW FLOW YOGA 6PM INDOOR CYCLE 6PM POUND	17 6AM BATTLE ROPES 5:30PM BATTLE ROPES 6PM DANCE TO FIT	18 5PM POWER YOGA 6PM INDOOR CYCLE 6PM POUND	19 6AM BATTLE ROPES	20	
22 6AM BATTLE ROPES 5:30PM BATTLE ROPES 6PM DANCE TO FIT	23 5PM SLOW FLOW YOGA 6PM INDOOR CYCLE 6PM POUND	24 6AM BATTLE ROPES 5:30PM BATTLE ROPES 6PM DANCE TO FIT	25 5PM POWER YOGA 6PM INDOOR CYCLE 6PM POUND	26 6AM BATTLE ROPES	27	
29 6AM BATTLE ROPES 5:30PM BATTLE ROPES 6PM DANCE TO FIT	30 5PM SLOW FLOW YOGA 6PM INDOOR CYCLE 6PM POUND					