



# IT'S A GREAT DAY!

## August 2019 SWCC GROUP EXERCISE SCHEDULE

MON	TUE	WED	THU	FRI	SAT	WE'RE GLAD YOU'RE HERE
			<b>1</b> 5PM POWER YOGA <b>NO CLASS</b> 6PM INDOOR CYCLE 6PM POUND	<b>2</b> 6AM BATTLE ROPES	<b>3</b>	<p><b>Hours of Operation</b>  <b>Mon-Thurs:</b>            5:00AM - 9:00PM  <b>Friday:</b>            5:00AM - 7:30PM  <b>Saturday:</b>            8:00AM - 1:00PM  <b>Sunday:</b>            1:00PM - 5:00PM</p> <p><b>Child Watch Hours</b>  <b>Monday-Thursday</b>            4:00PM-8:00PM</p> <p><b>Check Out Our FB page</b>  <b>For Group Exercise</b>  <b>Changes/Updates</b>  <a href="https://facebook.com/swccymca">facebook.com/swccymca</a></p> <p><b>Have Questions?</b>  <b>Contact Us!</b>  <b>Phone: 276-964-7600</b></p> <p><b>YMCA Mission</b>            To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.</p>
<b>5</b> 6AM BATTLE ROPES 5:30 PM BATTLE ROPES 6PM DANCE TO FIT	<b>6</b> 5PM SLOW FLOW YOGA 6PM INDOOR CYCLE 6PM POUND	<b>7</b> 6AM BATTLE ROPES 5:30PM BATTLE ROPES 6PM DANCE TO FIT	<b>8</b> 5PM POWER YOGA 6PM INDOOR CYCLE 6PM POUND	<b>9</b> 6AM BATTLE ROPES	<b>10</b>	
<b>12</b> 6AM BATTLE ROPES 5:30 PM BATTLE ROPES 6PM DANCE TO FIT	<b>13</b> 5PM SLOW FLOW YOGA <b>NO CLASS</b> 6PM INDOOR CYCLE 6PM POUND	<b>14</b> 6AM BATTLE ROPES 5:30 PM BATTLE ROPES 6PM DANCE TO FIT	<b>15</b> 5PM POWER YOGA <b>NO CLASS</b> 6PM INDOOR CYCLE 6PM POUND	<b>16</b> 6AM BATTLE ROPES	<b>17</b>	
<b>19</b> 6AM BATTLE ROPES 5:30 PM BATTLE ROPES 6PM DANCE TO FIT	<b>20</b> 5PM SLOW FLOW YOGA 6PM INDOOR CYCLE <b>NO CLASS</b> 6PM POUND	<b>21</b> 6AM BATTLE ROPES 5:30 PM BATTLE ROPES 6PM DANCE TO FIT	<b>22</b> 5PM POWER YOGA 6PM INDOOR CYCLE <b>NO CLASS</b> 6PM POUND <b>NO CLASS</b>	<b>23</b> 6AM BATTLE ROPES	<b>24</b>	
<b>26</b> 6AM BATTLE ROPES 5:30 PM BATTLE ROPES 6PM DANCE TO FIT	<b>27</b> 5PM SLOW FLOW YOGA 6PM INDOOR CYCLE 6PM POUND	<b>28</b> 6AM BATTLE ROPES 5:30 PM BATTLE ROPES 6PM DANCE TO FIT	<b>29</b> 5PM POWER YOGA 6PM INDOOR CYCLE 6PM POUND	<b>30</b> 6AM BATTLE ROPES	<b>31</b>	