



IT'S A GREAT DAY!

MARCH 2019 SWCC GROUP EXERCISE SCHEDULE

MON	TUE	WED	THU	FRI	SAT	WE'RE GLAD YOU'RE HERE
				1 6AM BATTLE ROPES	2	<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>
4 6AM BATTLE ROPES 5:30PM BATTLE ROPES 6PM DANCE TO FIT	5 5PM SLOW FLOW YOGA NO CLASS 6PM INDOOR CYCLE 6PM POUND	6 6AM BATTLE ROPES 5:30PM BATTLE ROPES 6PM DANCE TO FIT	7 5PM POWER YOGA 6PM INDOOR CYCLE 6PM POUND	8 6AM BATTLE ROPES	9	
11 6AM BATTLE ROPES 5:30PM BATTLE ROPES 6PM DANCE TO FIT	12 5PM SLOW FLOW YOGA 6PM INDOOR CYCLE 6PM POUND	13 6AM BATTLE ROPES 5:30PM BATTLE ROPES 6PM DANCE TO FIT	14 5PM POWER YOGA 6PM INDOOR CYCLE 6PM POUND	15 6AM BATTLE ROPES	16	
18 6AM BATTLE ROPES 5:30PM BATTLE ROPES 6PM DANCE TO FIT	19 5PM SLOW FLOW YOGA 6PM INDOOR CYCLE 6PM POUND NO CLASS	20 6AM BATTLE ROPES 5:30PM BATTLE ROPES 6PM DANCE TO FIT	21 5PM POWER YOGA 6PM INDOOR CYCLE 6PM POUND	22 6AM BATTLE ROPES	23	
25 6AM BATTLE ROPES 5:30PM BATTLE ROPES 6PM DANCE TO FIT	26 5PM SLOW FLOW YOGA 6PM INDOOR CYCLE 6PM POUND	27 6AM BATTLE ROPES 5:30PM BATTLE ROPES 6PM DANCE TO FIT	28 5PM POWER YOGA 6PM INDOOR CYCLE 6PM POUND	29 6AM BATTLE ROPES	30	