



# IT'S A GREAT DAY!

## September 2020 SWCC GROUP EXERCISE SCHEDULE

| MON  | TUE                              | WED  | THU                              | FRI                    | SAT | WE'RE GLAD YOU'RE HERE   |
|--|----------------------------------|--|----------------------------------|------------------------|-----|--|
|  | 1<br>5:15 PM ZUMBA<br>6PM POUND  | 2<br>6AM BATTLE ROPES<br>5PM YOGA<br>5:30PM BATTLE ROPES<br>6PM DANCE TO FIT<br>7PM SPIN   | 3<br>5:15 PM ZUMBA<br>6PM POUND  | 4<br>6AM BATTLE ROPES  | 5   | <p><b>Hours of Operation:</b><br/> <b>Monday-Thursday:</b><br/>                     5:00AM - 8:00PM<br/> <b>Friday:</b><br/>                     5:00AM - 7:00PM<br/> <b>Saturday:</b><br/>                     8:00AM - 2:00PM<br/> <b>Sunday:</b><br/>                     CLOSED<br/> <b>Child Watch Hours:</b><br/>                     Monday-Thursday<br/>                     2:00PM-7:00PM</p> <p><b>Class Instructors:</b><br/> <i>Battle Ropes:</i> Shawn Durham (6AM) &amp; Tim Stine (5:30PM)<br/> <i>Dance To Fit:</i> Elizabeth Lester<br/> <i>Zumba:</i> &amp; <i>Spin:</i> Becky Dye<br/> <i>Pound/Mash-Up:</i> Susan Harris<br/> <i>Yoga:</i> Courtney Jennelle &amp; Kaitlin Haywood</p> <p><b>Check Out Our FB page:</b><br/>                     For Group Exercise Changes/Updates<br/> <a href="https://facebook.com/swccymca">facebook.com/swccymca</a><br/> <b>Have Questions? Contact Us!</b><br/>                     Phone: 276-964-7600</p> <p><b>YMCA Mission:</b><br/>                     To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.</p> |
| 7<br>6AM BATTLE ROPES<br>5PM YOGA<br>5:30 PM BATTLE ROPES<br>6PM DANCE TO FIT<br>7PM SPIN  | 8<br>5:15 PM ZUMBA<br>6PM POUND  | 9<br>6AM BATTLE ROPES<br>5PM YOGA<br>5:30PM BATTLE ROPES<br>6PM DANCE TO FIT<br>7PM SPIN   | 10<br>5:15 PM ZUMBA<br>6PM POUND | 11<br>6AM BATTLE ROPES | 12  |  |
| 14<br>6AM BATTLE ROPES<br>5PM YOGA<br>5:30 PM BATTLE ROPES<br>6PM DANCE TO FIT<br>7PM SPIN | 15<br>5:15 PM ZUMBA<br>6PM POUND | 16<br>6AM BATTLE ROPES<br>5PM YOGA<br>5:30 PM BATTLE ROPES<br>6PM DANCE TO FIT<br>7PM SPIN | 17<br>5:15 PM ZUMBA<br>6PM POUND | 18<br>6AM BATTLE ROPES | 19  |  |
| 21<br>6AM BATTLE ROPES<br>5PM YOGA<br>5:30 PM BATTLE ROPES<br>6PM DANCE TO FIT<br>7PM SPIN | 22<br>5:15 PM ZUMBA<br>6PM POUND | 23<br>6AM BATTLE ROPES<br>5PM YOGA<br>5:30 PM BATTLE ROPES<br>6PM DANCE TO FIT<br>7PM SPIN | 24<br>5:15 PM ZUMBA<br>6PM POUND | 25<br>6AM BATTLE ROPES | 26  |  |
| 28<br>6AM BATTLE ROPES<br>5PM YOGA<br>5:30 PM BATTLE ROPES<br>6PM DANCE TO FIT<br>7PM SPIN | 29<br>5:15 PM ZUMBA<br>6PM POUND | 30<br>6AM BATTLE ROPES<br>5PM YOGA<br>5:30PM BATTLE ROPES<br>6PM DANCE TO FIT<br>7PM SPIN  |                                  |                        |     |  |