



IT'S A GREAT DAY! AUGUST 2020 SWCC GROUP EXERCISE SCHEDULE

MON	TUE	WED	THU	FRI	SAT	WE'RE GLAD YOU'RE HERE
3 6AM BATTLE ROPES 5PM YOGA 5:30PM BATTLE ROPES 6PM DANCE TO FIT	4 5:15 PM ZUMBA 6PM POUND	5 6AM BATTLE ROPES 5PM YOGA 5:30PM BATTLE ROPES 6PM DANCE TO FIT	6 5:15 PM ZUMBA 6PM POUND	7 6AM BATTLE ROPES	8	<p>Hours of Operation: Monday-Thursday: 5:00AM - 8:00PM Friday: 5:00AM - 7:00PM Saturday: 8:00AM - 2:00PM Sunday: CLOSED Child Watch Hours: NO CHILD WATCH CURENTLY!</p> <p>Class Instructors: <i>Battle Ropes:</i> Shawn Durham (6AM) & Tim Stine (5:30PM) <i>Indoor Cycle:</i> Derek White <i>Dance To Fit:</i> Elizabeth Lester <i>Zumba:</i> Becky Dye <i>Pound/Mash-Up:</i> Susan Harris <i>Yoga:</i> Courtney Jennelle & Kaitlin Haywood</p> <p>Check Out Our FB page: For Group Exercise Changes/Updates facebook.com/swccymca 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>
10 6AM BATTLE ROPES 5PM YOGA 5:30 PM BATTLE ROPES 6PM DANCE TO FIT NO CLASS	11 5:15 PM ZUMBA 6PM POUND	12 6AM BATTLE ROPES 5PM YOGA 5:30PM BATTLE ROPES 6PM DANCE TO FIT NO CLASS	13 5:15 PM ZUMBA 6PM POUND	14 6AM BATTLE ROPES	15	
17 6AM BATTLE ROPES 5PM YOGA 5:30 PM BATTLE ROPES 6PM DANCE TO FIT	18 5:15 PM ZUMBA 6PM POUND	19 6AM BATTLE ROPES 5PM YOGA 5:30 PM BATTLE ROPES 6PM DANCE TO FIT	20 5:15 PM ZUMBA 6PM POUND	21 6AM BATTLE ROPES	22	
24 6AM BATTLE ROPES 5PM YOGA 5:30 PM BATTLE ROPES 6PM DANCE TO FIT	25 5:15 PM ZUMBA 6PM POUND	26 6AM BATTLE ROPES 5PM YOGA 5:30 PM BATTLE ROPES 6PM DANCE TO FIT	27 5:15 PM ZUMBA 6PM POUND	28 6AM BATTLE ROPES	29	
31 6AM BATTLE ROPES 5PM YOGA 5:30 PM BATTLE ROPES 6PM DANCE TO FIT						