



IT'S A GREAT DAY! September 2019 SWCC GROUP EXERCISE SCHEDULE

MON	TUE	WED	THU	FRI	SAT	WE'RE GLAD YOU'RE HERE
2 6AM BATTLE ROPES 5PM YOGA 5:30 PM BATTLE ROPES 6PM DANCE TO FIT	3 6PM POUND 7PM SLOW FLOW YOGA	4 6AM BATTLE ROPES 5:30 PM BATTLE ROPES 6PM DANCE TO FIT NO CLASS	5 6PM POUND 7PM POWER YOGA	6 6AM BATTLE ROPES	7	<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>
9 6AM BATTLE ROPES 5PM YOGA 5:30 PM BATTLE ROPES 6PM DANCE TO FIT	10 6PM POUND 7PM SLOW FLOW YOGA	11 6AM BATTLE ROPES 5:30PM BATTLE ROPES 6PM DANCE TO FIT	12 6PM POUND 7PM POWER YOGA	13 6AM BATTLE ROPES	14	
16 6AM BATTLE ROPES 5PM YOGA 5:30 PM BATTLE ROPES 6PM DANCE TO FIT	17 6PM POUND 7PM SLOW FLOW YOGA	18 6AM BATTLE ROPES 5:30 PM BATTLE ROPES 6PM DANCE TO FIT	19 6PM POUND 7PM POWER YOGA	20 6AM BATTLE ROPES	21	
23 6AM BATTLE ROPES 5PM YOGA 5:30 PM BATTLE ROPES 6PM DANCE TO FIT	24 6PM POUND 7PM SLOW FLOW YOGA	25 6AM BATTLE ROPES 5:30 PM BATTLE ROPES 6PM DANCE TO FIT	26 6PM POUND 7PM POWER YOGA	27 6AM BATTLE ROPES	28	
30 6AM BATTLE ROPES 5PM YOGA 5:30 PM BATTLE ROPES 6PM DANCE TO FIT						