



IT'S A GREAT DAY! JANUARY 2021 SWCC GROUP EXERCISE SCHEDULE

MON	TUE	WED	THU	FRI	WE'RE GLAD YOU'RE HERE
				1 NO CLASSES	<p>Hours of Operation: Monday-Thursday: 5:00AM - 8:00PM Friday: 5:00AM - 7:00PM Saturday: 8:00AM - 2:00PM Sunday: CLOSED</p> <p>Child Watch Hours: Monday-Thursday 2:00PM-7:00PM</p> <p>Class Instructors: Battle Ropes: Shawn Durham (6AM) & Tim Stine (5:30PM) Dance To Fit: Elizabeth Lester Zumba: & Spin: Becky Dye Pound/Mash-Up: Susan Harris Yoga: Kaitlin Haywood</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 5:30 PM BATTLE ROPES 6PM DANCE TO FIT 7PM SPIN	5 5:15PM ZUMBA GOLD 6PM POUND 6PM YOGA	6 6AM BATTLE ROPES 5:30PM BATTLE ROPES 6:30 PM BOOTCAMP 7PM SPIN	7 5:15PM ZUMBA TONE 6PM MASH UP 6PM YOGA	8 6AM BATTLE ROPES	
11 6AM BATTLE ROPES 5:30PM BATTLE ROPES 6PM DANCE TO FIT 7PM SPIN	12 5:15PM ZUMBA GOLD 6PM POUND 6PM YOGA	13 6AM BATTLE ROPES 5:30PM BATTLE ROPES 6:30PM BOOT CAMP 7PM SPIN	14 5:15PM ZUMBA TONE 6PM MASH UP 6PM YOGA	15 6AM BATTLE ROPES	
18 6AM BATTLE ROPES 5:30PM BATTLE ROPES 6PM DANCE TO FIT 7PM SPIN	19 5:15PM ZUMBA GOLD 6PM POUND 6PM YOGA	20 6AM BATTLE ROPES 5:30PM BATTLE ROPES 6:30PM BOOT CAMP 7PM SPIN	21 5:15PM ZUMBA TONE 6PM MASH UP 6PM YOGA	22 6AM BATTLE ROPES	
25 6AM BATTLE ROPES 5:30PM BATTLE ROPES 6PM DANCE TO FIT 7PM SPIN	26 5:15PM ZUMBA GOLD 6PM POUND 6PM YOGA	27 6AM BATTLE ROPES 5:30PM BATTLE ROPES 6:30PM BOOTCAMP 7PM SPIN	28 5:15PM ZUMBA TONE 6PM MASH UP 6PM YOGA	29 6AM BATTLE ROPES	