



# IT'S A GREAT DAY!

## November 2020 SWCC GROUP EXERCISE SCHEDULE

| MON  | TUE                                  | WED   | THU   | FRI                     | SAT | WE'RE GLAD YOU'RE HERE  |
|--|--------------------------------------|---|---|-------------------------|-----|---|
| 2<br>6AM BATTLE ROPES<br>5PM YOGA<br>5:30PM BATTLE ROPES<br>6PM DANCE TO FIT<br>7PM SPIN                     | 3<br>5:15PM ZUMBA GOLD<br>6PM POUND  | 4<br>6AM BATTLE ROPES<br><b>NO CLASS</b><br>5PM YOGA <b>NO CLASS</b><br>5:30PM BATTLE ROPES<br>6:30PM BOOT CAMP<br>7PM SPIN   | 5<br>5:15PM ZUMBA TONE<br>6PM POUND           | 6<br>6AM BATTLE ROPES   | 7   | <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</p> <p><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: &amp; 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> |
| 9<br>6AM BATTLE ROPES<br>5PM YOGA<br>5:30PM BATTLE ROPES<br>6PM DANCE TO FIT<br>7PM SPIN                     | 10<br>5:15PM ZUMBA GOLD<br>6PM POUND | 11<br>6AM BATTLE ROPES<br>5PM YOGA<br>5:30PM BATTLE ROPES<br>6:30PM BOOT CAMP<br>7PM SPIN                                     | 12<br>5:15PM ZUMBA TONE<br>6PM POUND          | 13<br>6AM BATTLE ROPES  | 14  |   |
| 16<br><b>MEGA MADNESS MONDAY</b><br>TRY A SAMPLE OF ALL OF OUR CLASSES!                                      | 17<br>5:15PM ZUMBA GOLD<br>6PM POUND | 18<br>6AM BATTLE ROPES<br>5PM YOGA<br>5:30PM BATTLE ROPES<br>6:30PM BOOT CAMP<br>7PM SPIN                                     | 19<br>5:15PM ZUMBA TONE<br>6PM POUND          | 20<br>6AM BATTLE ROPES  | 21  |   |
| 23<br>6AM BATTLE ROPES<br>5PM YOGA<br>5:30PM BATTLE ROPES<br>6PM DANCE TO FIT<br><b>NO CLASS</b><br>7PM SPIN | 24<br>5:15PM ZUMBA GOLD<br>6PM POUND | 25<br>6AM BATTLE ROPES<br>5PM YOGA <b>NO CLASS</b><br>5:30 PM BATTLE ROPES<br>6:30PM BOOT CAMP<br><b>NO CLASS</b><br>7PM SPIN | 26<br><b>HAPPY THANKSGIVING WE ARE CLOSED</b> | 27<br><b>NO CLASSES</b> | 28  |   |
| 29<br>6AM BATTLE ROPES<br>5PM YOGA<br>5:30PM BATTLE ROPES<br>6PM DANCE TO FIT<br>7PM SPIN                    | 30<br>5:15PM ZUMBA GOLD<br>6PM POUND |   |   |                         |     |   |