




GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA - Apr. 1 —May. 3

LEGEND

GE Group Exercise Room
CY Cycling Room
HEC Huntingburg Event Center
HHHS POOL Heritage Hills Pool

H.H. YMCA Heritage Hills
GYM YMCA gym
VUJC Ruxer gym VUJC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SANTA CLAUS
5:00-5:30/5:30-6:00 am RPM™/BodyPUMP™ Rachel GE	5:00-5:30 am BodyATTACK™ Rachel GE	5:00-6:05 am BodyPUMP™ Rachel GE	5:15-6:00 am RPM™ Rachel GE	5:00-5:30 am BodyPUMP™ Rachel GE	7:30-8:35 am BodyPUMP™ Jennifer GE	4:45-5:15 pm EST CX WORX™ Mon. DeNae-H.H.YMCA
8:00-9:00 am Enhanced Fitness Rachel HEC	5:30-6:05 am CX WORX™ Rachel GE	8:00-9:00 am Enhanced Fitness Rachel HEC	8:15-9:00 am RPM™ Amy Z. CY	5:30-6:00 am CX WORX™ Rachel GE	8:45-9:45 am BodyATTACK™ Steph GE	5:15-6:00 pm EST RPM™ Mon. Rachael-H.H.YMCA
8:30-9:30 am BodyPUMP™ Lauren GE	8:15-9:00 am RPM™ Rachel CY	8:30-9:30 am Morning Energiz-ers Abe/Kristen GYM	9:10-10:10 am BodyFLOW™ Amy GE	8:00-9:00 am Enhanced Fitness Rachel HEC	9:55-10:55 am BodyFLOW™ Steph GE	5:30-6:15 am EST RPM™ Tues. DeNae-H.H.YMCA
8:30-9:30 am Morning Energizers Abe/Kristen GYM	9:10-10:10 am BodyFLOW™ Erica GE	8:30-9:30 am BodyPUMP™ DeNae GE	4:45-5:45 pm BodyFLOW™ Erica GE	8:15-9:00 am RPM™ Amy Z. CY	CLASSES AT VUJC IN JASPER:	4:30-5:30 pm EST BodyPump™ Wed.- Lauren-H.H.YMCA
5:15-5:45 pm Tabata Jill- NO CLASS 4/15 GE	5:15-6:00 pm RPM™ Rachael W. CY	5:00-6:00 pm Yin Yoga Samantha CY	5:15-6:00 pm RPM™ Rachael W. CY	8:30-9:30 am Morning Energizers Steph GYM	11:30 am-12:00 pm CXWORX™ Tues. Stephanie-VUJC	5:30-6:15 am EST RPM™ Thurs. DeNae-H.H.YMCA
5:15-6:00 pm BodyATTACK™ Steph- NO CLASS 4/22 CY	5:15-6:00 pm Kickboxing Kenzie GE	5:15-6:00 pm BodyATTACK™ Steph GE	6:10-6:40 pm CX WORX™ Lauren GE	9:15-10:00 am BodyPUMP™ Rachael W. GE	5:00-5:50 pm EST BodyATTACK™ Thurs. Melissa-VUJC	5:15-6:20 am EST BODYPUMP™ Fri. DeNae-H.H.YMCA
6:10-7:15 pm BodyPUMP™ Jennifer GE	6:10-6:40 pm CX WORX™ Lauren GE	6:10-7:05 pm BodyFLOW™ Steph GE			11:30 am-12:30 pm BodyFLOW™ Fri-NO CLASS 4/19 Stephanie-VUJC	8:00-9:00 am EST BODYFLOW™ Saturday Erica-H.H.YMCA
6:10-7:05 BodyFLOW™ Amy CY		6:10-7:15 pm BodyPUMP™ Jennifer GE				
		Like us on Facebook for updates on Group Exercise Classes, Programs, Special Events & More	***All of our group exercise classes, no matter the impact level can be modified for all levels of fitness.			