


GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA - April 2—May 5

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

HHMS Heritage Hill Middle
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	4:15—5:00 pm EST RPM™ Mondays Rachael W.—HHMS
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	7:30—8:00 am CX WORX™ Lauren GE	5:30—6:05 am CX WORX™ Rachel GE	8:30—9:30 am PiYo™ Stephanie CY	5:30—6:15 am EST RPM™ Tuesdays DeNae—HHMS
8:45—9:15 am BodyPUMP™ DeNae GE	8:15—9:00 am RPM™ Rachel CY	8:30—9:30 am Morning Energizers Abe GYM	8:15—9:00 am RPM™ Amy Z. CY	8:00—9:00 am Enhanced Fitness Rachel HEC	8:45—9:45 am BodyATTACK™ Melissa-NO CLASS 4/28 GE	4:15—5:00 pm EST RPM™ Wednesdays Rachael W.—HHMS
9:20—9:50 am CX WORX™ DeNae GE	5:15—6:00 pm RPM™ Rachael CY	8:15—9:20 am BodyPUMP™ DeNae/Rachael GE	4:45—5:45 pm Power Vinyasa Yoga Anne CY	8:15—9:00 am RPM™ Amy Z. CY	8:45—9:45 am Pound/ZUMBA™ Brandi-4/28 ONLY!!!! GE	5:30—6:15 am EST RPM™ Thursdays DeNae—HHMS
8:30—9:30 am Morning Energizers Adrienne GYM	5:15—6:00 pm Kickboxing Kenzie GE	5:00—6:00 pm Yin Yoga Samantha CY	4:45—5:50 pm BodyPUMP™ Jennifer GE	8:30—9:30 am Morning Energizers Kenzie GYM		5:15—6:15 am EST BODYPUMP™ Fridays DeNae—SCUMC
4:45—5:45 pm Power Vinyasa Yoga Anne CY	6:05—6:35 pm CX WORX™ Lauren GE	5:10—5:55 pm BodyATTACK™ DeNae/Rachel GE	5:50—6:35 pm RPM™ Rachael CY			CLASSES AT VUJC IN JASPER:
5:15—5:45 pm Tabata Jill GE	6:40—7:30 pm ZUMBA™ Brandi GE	6:10—7:00pm Insanity™ Cody CY	6:30—7:20 pm Pound™ Brandi GE	FREE FITNESS FRIDAY!!! Apr. 20th ONLY 5:15 PM Yoga & Zumba Sam, Anne, Brandi	FREE FITNESS FRIDAY CLASSES ARE ONCE A MONTH ONLY,	6:00—6:50 pm EST BodyATTACK Thursdays Melissa—VUJC
6:00—7:05 pm BodyPUMP™ Jennifer GE		6:10—7:10 pm BodyPUMP™ Jennifer GE			AND FREE TO MEMBERS AND NON-MEMBERS!!!	
6:30—7:15 pm BodyATTACK™ Melissa- CY						
						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.

APRIL NEWS AND NOTIFICATIONS:

- CHILD WATCH HOURS: Monday-Saturday 8:00 am to 11:00 am and Monday-Thursday 4:00 pm to 8:00 pm.
- Body ATTACK 100 launch is Monday, April 9th! If you would like a shirt, please sign up at the Y and pay \$10 for your shirt!
- Check out the schedule for our monthly FREE FITNESS FRIDAY class!!! The month of April is Sexual Assault Awareness Month. April 20th we will be offering three classes. At 5:15 pm EST, you can choose Zumba with Brandi or Power Vinyasa Yoga with Anne, which will be followed up with an amazing Yin Yoga class with Samantha at 6:00 pm EST. The class is free for everyone, however we are asking for voluntary donations to support the Crisis Connection.
- Don't forget to check out our group exercise classes at VUJC!!!
- Register now for Bootcamp 2018! Round 1 will begin Monday, April 23rd!