




GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA— March 29th— April 24th

LEGEND

GE Group Exercise Room
CY Cycling Room
GYM YMCA gym
HEC Huntingburg Event Center
HH YMCA Heritage Hills

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	HERITAGE HILLS
8:00—9:00 am Enhanced Fitness Rachel HEC	5:00-5:45 am RPM Rachael W. GE	8:00—9:00 am Enhanced Fitness Rachel HEC	5:00—5:45 am RPM™ Rachael W.	5:00—5:50 am BodyPUMP™ Rachael W. GE	7:40 —8:45 am BodyPUMP™ Jennifer GE	5:30 —6:30 pm (EST) BodyPUMP™ Mon. DeNae HH YMCA
8:30—9:30 am BodyPUMP™ Lauren/Erica GE	8:15—9:00 am RPM™ Amy Z. CY	8:30—9:30 am BodyPUMP™/CX WORX™ DeNae GE	8:15—9:00 am RPM™ Amy Z. CY	8:00—9:00 am Enhanced Fitness Rachel HEC	8:45—9:45 am RPM™ Amy Z. CY	5:30 — 6:15 am (EST) RPM™ Tues. Amy S. HH YMCA
8:30-9:30 am Moring Energizers Sheree/Kristen Gym	9:10—10:10 am BodyFLOW™ Erica GE	8:30-9:30 am Moring Energizers Conner/Kristen Gym	4:45—5:45 pm BodyFLOW™ Erica GE	8:15—9:00 am RPM™ Amy Z. CY	9:00—9:45 am High Fitness® Sheree GE *1st and 3rd Sat—High *2nd & 4th Sat.—High/Low	5:30 —6:15 am (EST) RPM™ Thurs. DeNae HH YMCA
4:40 pm—5:10 pm Tabata Jill/Sheree GE	5:15—6:00 pm RPM™ Rachael W. CY	5:30—6:30 pm High Fitness® Sheree GE	5:15—6:00 pm RPM™ Amy S. CY	8:30-9:30 am Moring Energizers Jenny/Sheree Gym	9:55—10:55 am BodyFLOW™ Amy Z. GE *NO CLASS 4/3	5:15 —6:15 am (EST) BodyPUMP™ Fri. DeNae HH YMCA
5:30—6:15 pm RPM™ Amy S. CY	5:15—6:00 pm Kickboxing Kenzie GE	6:10—7:15 pm BodyPUMP™ Erica/Jennifer GE	6:10—6:40 pm Les Mills Core™ Lauren GE	9:15—10:00 am BodyPUMP™ Lauren GE	9:55-10:55 am Gentle Flow Yoga Seth *ONLY ON 4/3	
6:00—7:05 pm BodyPUMP™ Erica/Lauren GE	6:10—6:55 pm Les Mills Core™ Lauren/DeNae GE					
					***All of our group exercise classes, no matter the impact level can be modified for all levels of fitness.	Like us on Facebook for updates on Group Exercise Classes, Programs, Special Events & More

Class sizes will be limited.

You can reserve your spot online at imleagues.com or sign up in person at the courtesy desk 30 minutes prior to class time.