




GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA - August 3rd - August 29th

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 *NO CLASS 8/10 | 5:00-6:05 am BodyATTACK/CX WORX™ Rachel/Lauren GE | 8:00—9:00 am Enhanced Fitness Rachel HEC | 5:15—6:00 am RPM™ Rachel GE | 5:00—6:15 am BodyPUMP™/CX WORX™ Rachel GE | 8:00—9:05 am BodyPUMP™ Jennifer GE | 5:45 am— 6:30 am (EST) RPM™ Tues Amy S. HH YMCA |
| 8:30—9:30 am BodyPUMP™ Lauren 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 | 9:00—9:45 am RPM™ Amy Z. CY | 4:30 pm—5:15 pm (EST) RPM™ Thurs. DeNae HH YMCA |
| 8:30-9:30 am Moring Energizers Conner Gym | 9:10—10:10 am BodyFLOW™ Erica GE | 8:30-9:30 am Moring Energizers Jenny/Kristen Gym | 4:45—5:45 pm BodyFLOW™ Erica GE | 8:15—9:00 am RPM™ Amy Z./ Rachael W. CY | 9:55—10:55 am BodyFLOW™ Erica/ Amy Z. GE *NO CLASS 8/15 | 5:30 am—6:30 am (EST) BodyPUMP™ Fri. DeNae HH YMCA |
| 4:40 pm—5:10 pm Tabata Jill GE/Gym | 5:15—6:00 pm RPM™ Rachael W. /DeNae CY | 5:30— 6:30 pm STRONG by Zumba® Michelle CY/Gym | 5:15—6:00 pm RPM™ Rachael W./Amy S. CY | 8:30-9:30 am Moring Energizers Jenny/Kristen Gym | 9:55—10:55 am TRX Suspension Training Jenny CY *ONLY ON 8/15 | |
| 5:30—6:15 pm RPM™ Rachael W. /Amy S./DeNae CY | 5:15—6:00 pm Kickboxing Kenzie GE | 6:10—7:15 pm BodyPUMP™ Jennifer GE | 6:10—6:40 pm CX WORX™ Lauren GE | 9:15—10:00 am BodyPUMP™ Rachael W. / Erica GE | | |
| 6:00—7:05 pm BodyPUMP™ Jennifer GE | 6:10—6:40 pm CX WORX™ Lauren GE | | | | | |
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| | | | |  | ***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. In order to participate, please register by using imleagues.com to reserve your spot!**

***Drop ins/ call ins at least 30 minutes prior to class are accepted if spots are available.**