




GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA— August 2nd—August 28th

LEGEND

- GE** Group Exercise Room (Old WC)
- CY** Cycling Studio (Orange Group Room)
- BR** Boxing Room
- GYM** YMCA gym
- HEC** Huntingburg Event Center
- HH YMCA** Heritage Hills
- SOSB** Sisters Of St Benedict

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	HERITAGE HILLS
8:00—9:00 am Enhanced Fitness Rachel HEC	5:00-6:05 am BodyPUMP™/Les Mills Core™ Rachel CY	8:00—9:00 am Enhanced Fitness Rachel HEC	5:15—6:00 am RPM™ Rachel CY	5:00—6:15 am BodyPUMP™/Les Mills Core™ Rachel GE	7:40 —8:45 am BodyPUMP™ Jennifer GE	4:30 pm—5:30 pm (EST) BodyFLOW™ DeNae 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™/Les Mills Core™ DeNae/Lauren GE *NO CLASS 8/4	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	5:45 —6:45 pm (EST) BodyPUMP™ Mon. DeNae/Lauren HH YMCA
8:30-9:30 am Moring Energizers Aleesha/Terri/Jenny Gym	9:10—10:10 am BodyFLOW™ Erica GE	8:30 am—9:30 am BodyPUMP™ Jennifer GE *ONLY ON 8/4	9:15—10:15 am Upbeat Barre® Sheree 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™ Tues. Amy S. HH YMCA
4:45 pm—5:45 pm Upbeat Barre® Sheree GE	5:15—6:00 pm RPM™ Rachael W. /Amy S. CY	8:30-9:30 am Moring Energizers Jenny/Sheree/Aleesha Gym	4:45—5:45 pm BodyFLOW™ Erica GE	8:30-9:30 am Moring Energizers Sheree/Terri Gym	9:55—10:55 am BodyFLOW™ Amy Z. GE	5:30 —6:15 am (EST) RPM™ Thurs. DeNae HH YMCA
5:15—6:00 pm RPM™ Amy S. CS	5:15—6:00 pm Kickboxing Kenzie BR	5:15—6:00 pm High Fitness® Sheree GE	5:15—6:00 pm RPM™ Rachael W. CY *NO CLASS 8/5	9:15—10:00 am BodyPUMP™ Lauren GE		5:15 —6:15 am (EST) BodyPUMP™ Fri. DeNae HH YMCA
5:45- 6:45 pm Water Aerobics Nicole SOSB	6:10—6:55 pm Les Mills Core™ Lauren GE	5:45—6:45 pm Water Aerobics Nicole SOSB	6:10—6:40 pm Les Mills Core™ Lauren GE			
6:00—7:05 pm BodyPUMP™ Jennifer/Erica GE		6:10—7:15 pm BodyPUMP™ Erica/ Jennifer 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