




# GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA - Dec. 4—Dec. 30

**LEGEND** GE Group Exercise Room HHMS Heritage Hill Middle School  
 CY Cycling Room GYM YMCA gym  
 HEC Huntingburg Event Center  
 HHHS POOL Heritage Hills Pool

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY   | SANTA CLAUS  |
|--|---|---|---|---|--|--|
| 5:00-5:30/5:30-6:00 am<br><b>RPM™/BodyPUMP™</b><br>Rachel<br>GE    | 5:00-5:30 am<br><b>BodyATTACK</b><br>Rachel<br>GE | 5:00—6:05 am<br><b>BodyPUMP™</b><br>Rachel<br>GE          | 5:15—6:00 am<br><b>RPM™</b><br>Rachel<br>GE             | 5:00—5:30 am<br><b>BodyPUMP™</b><br>Rachel<br>GE                                      | 7:30—8:35 am<br><b>BodyPUMP™</b><br>Jennifer<br>GE   | 4:15—5:00 pm EST<br><b>RPM™</b><br><b>Mondays</b><br>Rachael W.—HHMS   |
| 8:00—9:00 am<br><b>Enhanced Fitness</b><br>Rachel<br>HEC           | 5:30—6:05 am<br><b>CX WORX™</b><br>Rachel<br>GE   | 7:15—8:00 am<br><b>Pound™</b><br>April<br>GE              | 8:10—8:45 am<br><b>RPM™</b><br>Amy Z.<br>CY             | 5:30—6:05 am<br><b>CX WORX™</b><br>Rachel<br>GE                                       | 8:45—9:45 am<br><b>BodyATTACK™</b><br>Melissa<br>GE  | 5:30—6:15 am EST<br><b>RPM™</b><br><b>Tuesdays</b><br>DeNae—HHMS   |
| 8:00—8:55 am<br><b>BodyPUMP™</b><br>DeNae<br>GE                    | 8:15—9:00 am<br><b>RPM™</b><br>Rachel<br>CY       | 8:00—9:00 am<br><b>Enhanced Fitness</b><br>Rachel<br>HEC  | 8:45—9:15 am<br><b>CX WORX™</b><br>Lauren<br>GE         | 8:00—9:00 am<br><b>Enhanced Fitness</b><br>Rachel<br>HEC                              | 8:50—9:50 am<br><b>Stretch &amp; Flow Yoga</b><br>Anne<br>CY                               | 4:15—5:00 pm EST<br><b>RPM™</b><br><b>Wednesdays</b><br>Rachael W.—HHMS  |
| 9:00—9:30 am<br><b>CX WORX™</b><br>DeNae<br>GE                     | 8:30—9:30 am<br><b>Tai Chi</b><br>Jim<br>GE       | 8:30—9:30 am<br><b>Morning Energizers</b><br>April<br>GYM | 9:30—10:20 am<br><b>PiYo™</b><br>Steph<br>GE            | 8:15—9:00 am<br><b>RPM™</b><br>Amy Z.<br>CY   |  | 5:30—6:15 am EST<br><b>RPM™</b><br><b>Thursdays</b><br>DeNae—HHMS  |
| 8:30—9:30 am<br><b>Morning Energizers</b><br>Adrienne<br>GYM       | 5:15—6:00 pm<br><b>RPM™</b><br>Rachael<br>CY      | 8:15—9:20 am<br><b>BodyPUMP™</b><br>Steph<br>GE           | 4:45—5:45 pm<br><b>Power Vinyasa Yoga</b><br>Anne<br>CY | 8:30—9:30 am<br><b>Morning Energizers</b><br><b>Abe</b><br>GYM                        | <b>*** We are closed Monday, December 25th to celebrate the Christmas holiday,</b>         | 5:15—6:15 am EST<br><b>BODYPUMPTM</b><br><b>Fridays—NO CLASS ON 12/29</b><br>DeNae—SCUMC                           |
| 4:45—5:45 pm<br><b>Power Vinyasa Yoga</b><br>Anne<br>CY            | 5:30—6:15 pm<br><b>Tabata</b><br>Melissa<br>GE    | 9:45—10:30 am<br><b>BodyATTACK™</b><br>Melissa<br>GE      | 4:45—5:50 pm<br><b>BodyPUMP™</b><br>Jennifer<br>GE      |   | <b>And we are closed on Monday, January 1st to celebrate the New Year!</b>                 |  |
| 5:15—5:45 pm<br><b>Tabata</b><br>Jill<br>GE                        | 6:15—6:45 pm<br><b>CX WORX™</b><br>Lauren<br>CY   | 5:00—6:00 pm<br><b>Yin Yoga</b><br>Samantha<br>CY         | 5:50—6:35 pm<br><b>RPM™</b><br>Rachael<br>CY            |   |  |  |
| 5:50—6:20 pm<br><b>Pound KIDSTM</b><br>Brandi—No class 12/18<br>CY | 6:30—7:20 pm<br><b>Pound™</b><br>April<br>GE      | 5:15—6:00 pm<br><b>BodyATTACK™</b><br>DeNae/Steph<br>GE   | 6:30—7:20 pm<br><b>Pound™</b><br>Brandi<br>GE           |  | Like us on Facebook for updates on Group Exercise Classes, Programs, Special Events & More | <b>***All of our group exercise classes, no matter the impact level can be modified for all levels of fitness.</b> |
| 6:00—7:05 pm<br><b>BodyPUMP™</b><br>Jennifer<br>GE                 |   | 6:15—7:15 pm<br><b>Water Aerobics</b><br>Lauren<br>HHHS   |   |   |  |  |
| 6:30—7:15 pm<br><b>BodyATTACK™</b><br>Melissa/Steph<br>CY          |   | 6:00—7:05 pm<br><b>BodyPUMP™</b><br>Jennifer<br>GE        |   |   |  |  |
|  |   | 6:05—7:05 pm<br><b>PiYo™</b><br>Brooke<br>CY              |   |   |  |  |