




# GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA - Dec. 3 —Dec. 22

## LEGEND

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

**H.H. YMCA** Heritage Hills  
**GYM** YMCA gym  
**VUJC** Ruxer gym VUJC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SANTA CLAUS
5:00-5:30/5:30-6:00 am <b>RPM™/BodyPUMP™</b> Rachel GE	5:00-5:30 am <b>BodyATTACK™</b> Rachel GE	5:00-6:05 am <b>BodyPUMP™</b> Rachel GE	5:15-6:00 am <b>RPM™</b> Rachel GE	5:00-5:30 am <b>BodyPUMP™</b> Rachel GE	7:30-8:35 am <b>BodyPUMP™</b> Jennifer GE	5:30-6:30 pm EST <b>RPM/BodyPUMP™</b> Mon. Rachael—H.H.YMCA
8:00-9:00 am <b>Enhanced Fitness</b> Rachel HEC	5:30-6:05 am <b>CX WORX™</b> Rachel GE	8:00-9:00 am <b>Enhanced Fitness</b> Rachel HEC	8:15-9:00 am <b>RPM™</b> Amy Z. CY	5:30-6:05 am <b>CX WORX™</b> Rachel GE	8:45-9:30 am <b>BodyATTACK™</b> Melissa- GE	5:30-6:15 am EST <b>RPM™</b> Tues. DeNae—H.H.YMCA
8:30-9:30 am <b>BodyPUMP™</b> Steph GE	8:15-9:00 am <b>RPM™</b> Rachel CY	8:30-9:30 am <b>Morning Energizers</b> Abe/Kristen GYM	4:45-5:45 pm <b>BodyFLOW™</b> Erica CY	8:00-9:00 am <b>Enhanced Fitness</b> Rachel HEC	9:40-10:40 am <b>BodyFLOW™</b> Melissa GE	4:15-5:15 pm EST <b>BodyPump/CX Worx™</b> Wed. Lauren—H.H.YMCA
8:30-9:30 am <b>Morning Energizers</b> Abe/Kristen GYM	9:20-10:15 am <b>BodyFLOW™</b> Erica GE	8:30-9:30 am <b>BodyPUMP™</b> DeNae GE	5:00-6:05 pm <b>BodyPUMP™</b> Steph GE	8:15-9:00 am <b>RPM™</b> Amy Z. CY	<b>CLASSES AT VUJC IN JASPER:</b>	
5:15-5:45 pm <b>Tabata</b> Jill GE	5:15-6:00 pm <b>RPM™</b> Rachael W. CY	5:00-6:00 pm <b>Yin Yoga</b> Samantha CY	5:50-6:35 pm <b>RPM™</b> Rachael W. CY	8:30-9:30 am <b>Morning Energizers</b> Steph GYM	11:30 am-12:00 pm <b>CXWORX™</b> Mon. Stephanie—VUJC	5:30-6:15 am EST <b>RPM™</b> Thurs. DeNae—H.H.YMCA
6:00-7:05 pm <b>BodyPUMP™</b> Jennifer GE	5:15-6:00 pm <b>Kickboxing</b> Kenzie GE	5:10-5:55 pm <b>BodyATTACK™</b> Steph GE		9:15-10:00 am <b>BodyPUMP™</b> Rachael W. GE	5:00-5:50 pm EST <b>BodyATTACK™</b> Thur-NO CLASS 12/13 Melissa—VUJC	5:30-6:35 pm EST <b>BodyPUMP™</b> Thurs. Lauren—H.H.YMCA
6:00-7:00 <b>BodyFLOW™</b> Melissa CY	6:10-6:40 pm <b>CX WORX™</b> Lauren GE	6:10-7:10 pm <b>BodyPUMP™</b> Jennifer GE			11:30 am-12:30 pm <b>BodyFLOW™</b> Fri Stephanie—VUJC	5:15-6:20 am EST <b>BODYPUMP™</b> Fri. DeNae—H.H.YMCA
		6:15-7:15 <b>BodyFLOW™</b> Steph CY				8:00-9:00 am EST <b>BODYFLOW™</b> Saturday Erica—H.H.YMCA
		6:15-7:15 pm EST <b>Water Aerobics</b> Wed. Lauren—H.H.Pool				
		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.			