




GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA - Dec. 24 —Jan.5

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
8:30—9:30 am BodyPUMP™ Steph GE	CHRISTMAS DAY!!!	8:00—9:00 am Enhanced Fitness Rachel HEC	5:15—6:00 am RPM™ Rachel GE	5:00—5:30 am BodyPUMP™ Rachel GE	7:30—8:35 am BodyPUMP™ Jennifer GE	4:15—5:15 pm EST BodyPUMP/CX WORX™ Wed.— NO CLASS 12/26 Lauren—H.H. YMCA
***NO CHILD WATCH	NEW YEAR'S DAY!!!	8:30—9:30 am Morning Energizers Abe/Kristen GYM	8:15—9:00 am RPM™ Amy Z. CY	5:30—6:05 am CX WORX™ Rachel GE	8:45—9:30 am BodyATTACK™ Melissa- GE	6:15—7:15 pm EST Water Aerobics Wed.— NO CLASS 12/26 Lauren—H.H. YMCA
CHRISTMAS EVE!!!		8:30—9:30 am BodyPUMP™ DeNae GE	4:45—5:45 pm BodyFLOW™ Erica CY	8:00—9:00 am Enhanced Fitness Rachel HEC	9:40—10:40 am BodyFLOW™ Melissa GE	5:30—6:15 am EST RPM™ Thurs. DeNae—H.H. YMCA
NEW YEAR'S EVE!!!		5:00—6:00 pm Yin Yoga Samantha CY	5:00—6:05 pm BodyPUMP™ Stephanie GE	8:15—9:00 am RPM™ Amy Z. CY	CLASSES AT VUJC IN JASPER:	5:30—6:35 pm EST BodyPUMP™ Thurs.— NO CLASS 12/27 Lauren—H.H. YMCA
		5:10—5:55 pm BodyATTACK™ Steph GE	5:50—6:35 pm RPM™ Rachael W. CY	8:30—9:30 am Morning Energizers Steph GYM	5:00 —6:00 pm BodyATTACK™ Thurs.— NO CLASS DEC. 27 Melissa—VUJC	5:15—6:20 am EST BodyPUMP™ Fri. DeNae—H.H. YMCA
		6:10—7:10 pm BodyPUMP™ Jennifer GE		9:15—10:00 am BodyPUMP™ Rachael W. GE	11:30 am—12:30 pm BodyFLOW™ Fri— NO CLASS DEC. 28 Stephanie—VUJC	8:00—9:00 am EST BodyFLOW™ Sat. Erica—H.H. YMCA
		6:15—7:15 BodyFLOW™ Steph CY				
				 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.	