





GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA - December 21st — December 30th

LEGEND GE Group Exercise Room
 CY Cycling Room
 GYM YMCA gym
 HEC Huntingburg Event Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	HERITAGE HILLS
8:00—9:00 am Enhanced Fitness Rachel HEC *NO CLASS 12/21, 12/28	5:00-6:05 am BodyATTACK/CX WORX™ Rachel GE *NO CLASS 12/22, 12/29	8:00—9:00 am Enhanced Fitness Rachel HEC *NO CLASS 12/23	5:15—6:00 am RPM™ Rachel GE *NO CLASS 12/24	5:00—6:15 am BodyPUMP™/CX WORX™ Rachel GE	7:45 am —8:45 am BodyPUMP™ Jennifer GE	5:30 pm—6:30 pm (EST) BodyPUMP™ Mon. DeNae HH YMCA *NO CLASS 12/21, 12/28
8:30—9:30 am BodyPUMP™ Lauren GE	5:00-6:05 am BodyPUMP/CX WORX™ Lauren GE *ONLY ON 12/22	8:30—9:30 am BodyPUMP™/CX WORX™ DeNae/Lauren GE	8:15—9:00 am RPM™ Amy Z. CY *NO CLASS 12/24	8:00—9:00 am Enhanced Fitness Rachel HEC	9:00—9:45 am RPM™ Amy Z. CY	5:30 pm—6:30 pm (EST) High Fitness® Mon. Sheree HH YMCA *ONLY 12/21, 12/28
8:30-9:30 am Moring Energizers Conner/Kristen Gym	5:00-6:05 am TRX Suspension Training® + Core Jenny CY *ONLY ON 12/29	8:30-9:30 am Moring Energizers Sheree Gym	4:45—5:45 pm BodyFLOW™ Erica GE *NO CLASS 12/24	8:15—9:00 am RPM™ Amy Z. CY	9:00—9:45 am High Fitness® Sheree GE	5:30 am— 6:15 am (EST) RPM™ Tues. Amy S. HH YMCA
4:40 pm—5:10 pm Tabata Jill GE	8:15—9:00 am RPM™ Amy Z. CY	5:30— 6:30 pm High Fitness® Sheree CY	5:15—6:00 pm RPM™ Amy S. CY *NO CLASS 12/24	8:30-9:30 am Moring Energizers Jenny/Kristen Gym	9:55—10:55 am BodyFLOW™ Amy Z. GE	5:30 am—6:15 am (EST) RPM™ Thurs. DeNae/Amy S. HH YMCA
5:30—6:15 pm RPM™ Amy S. CY	9:10—10:10 am BodyFLOW™ Erica GE	6:10—7:15 pm BodyPUMP™ Erica/Lauren GE	6:10—6:40 pm CX WORX™ Lauren GE *NO CLASS 12/24	9:15—10:00 am BodyPUMP™ Rachael W. GE		5:15 am—6:15 am (EST) BodyPUMP™ Fri. DeNae/Lauren HH YMCA *NO CLASS 12/25
6:00—7:05 pm BodyPUMP™ Erica/Lauren GE	5:15—6:00 pm RPM™ Rachael W. CY		8:30—9:30 am BodyPUMP™ Lauren GE *ONLY ON 12/24	*NO CLASS 12/25. MERRY CHRISTMAS! 		
	5:15—6:00 pm Kickboxing Kenzie GE					
	6:10—6:40 pm CX WORX™ Lauren 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	

Class sizes will be limited.

You can reserve your spot online at imleagues.com or sign up in person at the courtesy desk 30 minutes prior to class time.