




GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA— November 29th— December 26th

LEGEND GE Group Exercise Room (Old WC)
 CS Cycling Studio (Orange Group Room)
 BR Boxing Room
 GYM YMCA gym
 HEC Huntingburg Event Center
 HH YMCA Heritage Hills

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 CS	8:00—9:00 am Enhanced Fitness Rachel HEC	5:15—6:00 am RPM™ Rachel CS	5:00—6:15 am BodyPUMP™/Les Mills Core™ Rachel GE *NO CLASS 12/24	7:40 —8:45 am BodyPUMP™ Jennifer GE	4:30 pm—5:30 pm (EST) BodyFLOW™ Mon. DeNae/Erica HH YMCA
8:30—9:30 am BodyPUMP™ Lauren GE	8:15—9:00 am RPM™ Amy Z. CS	8:30—9:30 am BodyPUMP™/Les Mills Core™ DeNae GE	8:15—9:00 am RPM™ Amy Z. CS	8:00—9:00 am Enhanced Fitness Rachel HEC *NO CLASS 12/24	8:45—9:45 am RPM™ Amy Z. CS	5:45 —6:45 pm (EST) BodyPUMP™ Mon. DeNae/Erica HH YMCA
8:30-9:30 am Moring Energizers Sheree/Aleesha Gym	9:10—10:10 am BodyFLOW™ Erica GE	8:30-9:30 am Moring Energizers Aleesha/Jenny Gym	9:15—10:15 am Upbeat Barre® Sheree GE	8:15—9:00 am RPM™ Amy Z. CS *SEE BELOW FOR 12/24 REVISED CLASS TIME!	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. DeNae HH YMCA
4:45 pm—5:45 pm Upbeat Barre® Sheree GE	5:15—6:00 pm RPM™ Rachael W. CS	5:15—6:00 pm High Fitness® Sheree GE	4:45—5:45 pm BodyFLOW™ Erica GE	8:30-9:30 am Moring Energizers Jenny/Sheree/Terri Gym * NO CLASS 12/24	9:55—10:55 am BodyFLOW™ Amy Z. GE	5:30 —6:15 am (EST) RPM™ Thurs. DeNae HH YMCA * NO CLASS 12/2
5:15—6:00 pm RPM™ Rachael W. CS	5:15—6:00 pm Kickboxing Kenzie BR	6:10—7:15 pm BodyPUMP™ Erica/ Jennifer GE	5:15—6:00 pm RPM™ Rachael W. CS	9:15—10:00 am BodyPUMP™ Lauren GE * NO CLASS 12/24	10:30—11:30 am Water Aerobics Amber/Danielle SHS *ONLY ON 12/4 & 12/18	5:15 —6:15 am (EST) BodyPUMP™ Fri. DeNae HH YMCA *NO CLASS 12/24
6:00—7:05 pm BodyPUMP™ Jennifer/Erica GE	6:10—6:55 pm Les Mills Core™ Lauren BR	7:00 —8:00 pm Water Aerobics Amber/Danielle SHS	6:10—6:40 pm Les Mills Core™ Lauren/Erica BR	<u>Christmas Eve</u> <u>Schedule:</u>	NO CLASSES 12/25. MERRY CHRISTMAS!	<u>SUNDAY</u>
	***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	8:00—9:00 am RPM™ Amy Z. CS			