



# GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA - Feb. 4 —Mar. 2

**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	4:45-5:15 pm EST <b>CX WORX™</b> <b>Mon.</b> DeNae-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> Steph GE	5:15-6:00 pm EST <b>RPM™</b> <b>Mon.</b> Rachael-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 Energiz-ers</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	9:45-10:45 am <b>BodyFLOW™</b> Steph GE	5:30-6:15 am EST <b>RPM™</b> <b>Tues.</b> DeNae-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>	4:30-5:30 pm EST <b>BodyPump/CX Worx™</b> <b>Wed.</b> Lauren-H.H.YMCA
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> Jennifer K. GYM	11:30 am-12:00 pm <b>CXWORX™</b> <b>Tues.</b> Stephanie-VUJC	6:15-7:15 pm EST <b>Water Aerobics</b> <b>Wed.</b> Lauren-H.H.Pool
5:30-6:00 pm <b>BodyATTACK™</b> Melissa CY	5:15-6:00 pm <b>Kickboxing</b> Kenzie GE	5:30-6:00 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> <b>Thurs.</b> Melissa-VUJC	5:30-6:15 am EST <b>RPM™</b> <b>Thurs.</b> DeNae-H.H.YMCA
6:10-7:15 pm <b>BodyPUMP™</b> Jennifer GE	6:10-6:40 pm <b>CX WORX™</b> Lauren GE	6:10-7:05 pm <b>BodyFLOW™</b> Steph GE		<b>***Free Fitness Friday is back!!! Friday, February 22nd at 5:30 pm Samantha will teach a Yin/Yang</b>	11:30 am-12:30 pm <b>BodyFLOW™</b> <b>Fri</b> Stephanie-VUJC	5:30-6:35 pm EST <b>BodyPUMP™</b> <b>Thurs.</b> Lauren-H.H.YMCA
6:10-7:05 <b>BodyFLOW™</b> Melissa CY		6:10-7:15 pm <b>BodyPUMP™</b> Jennifer GE		<b>Yoga class, that will also benefit an organization called "I Support the Girls." We are asking participants</b>		5:15-6:20 am EST <b>BODYPUMP™</b> <b>Fri.</b> DeNae-H.H.YMCA
		6:15-7:15 pm EST <b>Water Aerobics</b> <b>Wed.</b> Lauren-H.H.Pool		<b>to bring in a feminine item to support this cause. For more info, email Stephanie at</b>		8:00-9:00 am EST <b>BODYFLOW™</b> <b>Saturday</b> Erica-H.H.YMCA
		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>	<b>stephnie@tricityymc a.org</b>		