




GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA - July 2—July 28

LEGEND

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

HHMS Heritage Hill Middle
 GYM YMCA gym
 VUJC Ruxer gym VUJC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SANTA CLAUS
5:00-5:30/5:30-6:00 am RPM™/BodyPUMP™ Rachel GE	5:00-5:30 am BodyATTACK™ Rachel GE	5:00-6:05 am BodyPUMP™ Rachel GE	5:15-6:00 am RPM™ Rachel GE	5:00-5:30 am BodyPUMP™ Rachel GE	7:30-8:35 am BodyPUMP™ Jennifer GE	5:30-6:15 am EST RPM™ Tues. DeNae—HHMS
8:00-9:00 am Enhanced Fitness Rachel HEC	5:30-6:05 am CX WORX™ Rachel GE	8:00-9:00 am Enhanced Fitness Rachel HEC	7:30-8:00 am CX WORX™ Lauren GE	5:30-6:05 am CX WORX™ Rachel GE	8:15-9:15 am RPM™ Amy- NO CLASS 7/7 or 7/21 CY	7:00-7:45 am EST RPM™ Thurs. DeNae—HHMS
8:15-8:45 am BodyPUMP™ DeNae GE	8:15-9:00 am RPM™ Rachel CY	8:30-9:30 am Morning Energizers Abe/Christen GYM	8:15-9:00 am RPM™ Amy Z. CY	8:00-9:00 am Enhanced Fitness Rachel HEC	8:45-9:45 am BodyATTACK™ Steph- NO CLASS 7/7 GE	7:00-8:00 am EST BODYPUMP/CX WORX™ Fri DeNae—SCUMC
8:45-9:15 am CX WORX™ DeNae GE	5:15-6:00 pm RPM™ Rachael W. CY	8:15-9:20 am BodyPUMP™ DeNae GE	8:30-9:30 am PiYo™ Steph- NO CLASS 7/5 GE	8:15-9:00 am RPM™ Amy Z. CY	9:00-10:00 am Water Aerobics Cari Sister's Pool	CLASSES AT VUJC IN JASPER:
8:30-9:30 am Morning Energizers Abe/Kristen GYM	5:15-6:00 pm Kickboxing Kenzie GE	4:00-5:00 pm RPM™/BodyPUMP™ Rachael W CY/GE	4:45-5:45 pm Power Vinyasa Yoga Anne CY	9:15-10:00 am BodyPUMP™ Rachael W. GE	10-11:00 am Open Swim Sister's Pool	6:00-6:50 pm EST BodyATTACK Thurs.- NO CLASS 7/5 Melissa—VUJC
4:45-5:45 pm Power Vinyasa Yoga Anne- NO CLASS 7/23 CY	6:30-7:30 pm Water Aerobics April Sister's Pool	5:00-6:00 pm Yin Yoga Samantha CY	4:45-5:50 pm BodyPUMP™ Jennifer GE	8:30-9:30 am Morning Energizers Steph GYM		
5:15-5:45 pm Tabata Jill GE	6:05-6:35 pm CX WORX™ Lauren GE	5:10-5:55 pm BodyATTACK™ Melissa GE	5:50-6:35 pm RPM™ Rachael W. CY			
6:00-7:05 pm BodyPUMP™ Jennifer GE	6:10-7:05 pm PiYo™ Steph- NO CLASS 7/3 CY	6:00-7:00 pm Water Aerobics Lauren Sister's Pool	6:30-7:20 pm Pound™ Brandi GE	***THERE WILL BE NO CLASSES ON WED. JULY 4TH, OUR FACILITY WILL BE CLOSED!		
	6:40-7:30 pm ZUMBA™ Brandi GE	6:10-7:10 pm BodyPUMP™ Jennifer GE				
		7:00-8:00 pm Open Swim Sister's 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.

JULY NEWS AND NOTIFICATIONS:

- CHILD WATCH HOURS: Monday-Saturday 8:00 am to 11:00 am and Monday-Thursday 4:00 pm to 8:00 pm.
- Water aerobics is back!!! Join us at the Sisters of St. Benedicts Outdoor Pool, which is located on E 14th Street
- **WE WILL BE CLOSED WEDNESDAY JULY 4TH!** You may still use the wellness center with a 24-hour access card!
- Team 13, our first ever half marathon training program, will begin Wednesday, July 18th! Please contact Stephanie Leinenbach at the Tri-County YMCA for more information. (812) 367-2323 or stephanie@tricountnymca.org. We will have an informational meeting about Team 13 on Tuesday, July 10th at 6pm.