



GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA - June 3 —June 29

LEGEND

GE Group Exercise Room

CY Cycling Room


HEC Huntingburg Event Center

SOSB POOL Sisters of St. Benedict 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 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—H.H.YMCA
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	8:15—9:00 am RPM™ Amy Z. CY	5:30—6:00 am CX WORX™ Rachel GE	8:45—9:45 am BodyATTACK™ Steph GE	8:00—9:00 am EST COMBO CLASS Thurs. DeNae—H.H.YMCA
8:30—9:30 am BodyPUMP™ Steph GE	8:00—8:45 am RPM™ Amy CY	8:30—9:30 am Morning Energizers Abe/Kristen GYM	9:10—10:10 am BodyFLOW™ Amy GE	8:00—9:00 am Enhanced Fitness Rachel HEC	9:55—10:55 am BodyFLOW™ Steph GE	5:15—6:20 am EST BODYPUMP™ Fri. DeNae—H.H.YMCA
8:30—9:30 am Morning Energizers Abe/Kristen GYM	9:10—10:10 am BodyFLOW™ Erica GE	8:30—9:30 am BodyPUMP™ DeNae GE	4:45—5:45 pm BodyFLOW™ Erica GE	8:15—9:00 am RPM™ Amy Z. CY	9:00 am—10:00 am Water Aerobics April SOSB	8:00—9:00 am EST BODYFLOW™ Saturday—NO CLASS 6/22 Erica—H.H.YMCA
5:15—5:45 pm Tabata Jill— NO CLASS 6/8	5:15—6:00 pm RPM™ Rachael W. CY	5:00—6:00 pm Yin Yoga Samantha CY— NO CLASS 6/12	5:15—6:00 pm RPM™ Rachael W. CY	8:30—9:30 am Morning Energizers Steph GYM	10:00 pm—11:00 pm OPEN SWIM SOSB	
5:15—6:15 pm PiYo™ Steph CY	5:15—6:00 pm Kickboxing Kenzie GE	5:15—6:00 pm BodyATTACK™ Steph GE	6:10—6:40 pm CX WORX™ Lauren GE	9:15—10:00 am BodyPUMP™ Rachael W. GE	CLASSES AT VUJC IN JASPER:	
6:00—7:05 pm BodyPUMP™ Jennifer GE	6:10—6:40 pm CX WORX™ Lauren GE	6:10—7:15 pm BodyPUMP™ Jennifer GE			11:30 am—12:00 pm CXWORX™ Tues. Stephanie—VUJC	
	6:30 pm—7:30 pm Water Aerobics April SOSB	6:10—7:05 pm BodyFLOW™ Amy GE			11:30 am—12:30 pm PiYo™ Fri Stephanie—VUJC	
		6:00 pm—7:00 pm Water Aerobics Lauren SOSB				
		7:00 pm—8:00 pm OPEN SWIM SOSB		 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.	