



GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA—December 31st— January 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	5:00-6:05 am BodyATTACK/CX WORX™ Rachel GE	8:00—9:00 am Enhanced Fitness Rachel HEC	5:15—6:00 am RPM™ Rachel *NO CLASS 12/31	5:00—6:15 am BodyPUMP™/CX WORX™ Rachel GE	7:40 am —8:45 am BodyPUMP™ Jennifer GE	5:30 pm—6:30 pm (EST) BodyPUMP™ Mon. DeNae HH YMCA
8:30—9:30 am BodyPUMP™ Lauren/Erica GE	8:15—9:00 am RPM™ Amy Z. CY	8:30—9:30 am BodyPUMP™/CX WORX™ DeNae GE	8:15—9:00 am RPM™ Amy Z. CY	8:00—9:00 am Enhanced Fitness Rachel HEC	9:00—9:45 am RPM™ Amy Z. CY	5:30 am— 6:15 am (EST) RPM™ Tues. Amy S. HH YMCA
8:30-9:30 am Moring Energizers Kristen/Conner Gym	9:10—10:10 am BodyFLOW™ Erica GE	8:30-9:30 am Moring Energizers Sheree Gym	4:45—5:45 pm BodyFLOW™ Erica GE *NO CLASS 12/31	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™ Thurs. DeNae HH YMCA
4:40 pm—5:10 pm Tabata Jill GE	5:15—6:00 pm RPM™ Rachael W. CY	5:30—6:30 pm Strong Nation® Michelle CY	5:15—6:00 pm RPM™ Amy S. CY *NO CLASS 12/31	8:30-9:30 am Moring Energizers Jenny/Conner Gym	9:55—10:55 am BodyFLOW™ Amy Z. GE *ONLY ON 1/9, 1/23	5:15 am—6:15 am (EST) BodyPUMP™ Fri. DeNae HH YMCA *NO CLASS 1/1
5:30—6:15 pm RPM™ Amy S. CY	5:15—6:00 pm Kickboxing Kenzie GE	6:10—7:15 pm BodyPUMP™ Erica/Rachael W. GE	6:10—6:40 pm CX WORX™ Lauren GE *NO CLASS 12/31, 1/28	9:15—10:00 am BodyPUMP™ Lauren/Erica GE	9:55—10:55 am Yin/Yang Yoga Flow Samantha GE *ONLY ON 1/2, 1/16, 1/20	
6:00—7:05 pm BodyPUMP™ Erica/Lauren GE	6:10—6:40 pm CX WORX™ Lauren GE		6:00—6:45 PM High Fitness® Sheree CY *ONLY ON 1/28	NO CLASS 1/1. HAPPY NEW YEAR!! 		
				***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.