




GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA December 27th— January 30th

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 12/31	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/Lauren GE	8:15—9:00 am RPM™ Amy Z. CS	8:00—9:00 am Enhanced Fitness Rachel HEC *NO CLASS 12/31	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 12/31 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/Rachael W. 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 Sheree/Terri Gym * NO CLASS 12/31	9:55—10:55 am BodyFLOW™ Amy Z. GE	5:30 —6:15 am (EST) RPM™ Thurs. DeNae/Rachael W. HH YMCA
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 12/31	10:30—11:30 am Water Aerobics Amber/Danielle SHS *ONLY ON 1/1, 1/15 & 1/29	5:15 —6:15 am (EST) BodyPUMP™ Fri. DeNae HH YMCA *NO CLASS 12/31
6:00—7:05 pm BodyPUMP™ Jennifer/Erica GE	5:00—5:45 pm Kickboxing Kenzie BR *ONLY ON 1/4	7:00 —8:00 pm Water Aerobics Amber/Danielle SHS	6:10—6:40 pm Les Mills Core™ Lauren BR	<u>New Year's Eve Schedule:</u>		NO CLASSES 1/1. Happy New Year!
	6:10—6:55 pm Les Mills Core™ Lauren BR	***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	<u>Mini Mania</u> <u>1/15. 8-1 EST.</u> See flyer for revised schedule.	4:00—5:00 pm Beginner Yoga Flow Andrea GE