




GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA— June 28th—July 31st

LEGEND

- GE** Group Exercise Room (Old WC)
- CY** Cycling Studio (Orange Group Room)
- BR** Boxing Room
- GYM** YMCA gym
- HEC** Huntingburg Event Center
- HH** YMCA Heritage Hills
- SOSB** Sisters Of St Benedict

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 CY	8:00—9:00 am Enhanced Fitness Rachel HEC	5:15—6:00 am RPM™ Rachel / Rachael W. CY	5:00—6:15 am BodyPUMP™/Les Mills Core™ Rachel GE *NO CLASS 7/2	7:40 —8:45 am BodyPUMP™ Jennifer GE	5:30 —6:30 pm (EST) BodyPUMP™ Mon. DeNae/ Rachael W. HH YMCA
8:30—9:30 am BodyPUMP™ Lauren/Erica/Jennifer GE	8:15—9:00 am RPM™ Amy Z. CY	8:30—9:30 am BodyPUMP™/Les Mills Core™ DeNae/Lauren GE *NO CLASS 7/28	8:15—9:00 am RPM™ Amy Z. CY	5:00—5:45 am BodyPUMP™ GE Rachael W. *ONLY ON 7/2	8:45—9:45 am RPM™ Amy Z. CY	5:30 — 6:15 am (EST) RPM™ Tues. Amy S. HH YMCA
8:30-9:30 am Moring Energizers Aleesha/Terri/Jenny Gym	9:10—10:10 am BodyFLOW™ Erica GE	8:30—9:30 am BodyPUMP™ Jennifer GE *ONLY ON 7/28	9:15—10:15 am Upbeat Barre@ Sheree GE	8:00—9:00 am Enhanced Fitness Rachel HEC *NO CLASS 7/2	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™ Thurs. DeNae/Amy S. HH YMCA
4:40 pm—5:10 pm Tabata Sheree/Jenny GE	5:15—6:00 pm RPM™ Rachael W. CY	8:30-9:30 am Moring Energizers Jenny/Sheree/Aleesha Gym	4:45—5:45 pm BodyFLOW™ Erica GE	8:15—9:00 am RPM™ Amy Z. CY	9:55—10:55 am BodyFLOW™ Amy Z. GE	5:15 —6:15 am (EST) BodyPUMP™ Fri. DeNae/Lauren/ Rachael W. HH YMCA * NO CLASS 7/9
5:30—6:15 pm RPM™ Amy S. CS	5:15—6:00 pm Kickboxing Kenzie BR	5:15—6:00 pm High Fitness@ Sheree GE	5:15—6:00 pm RPM™ Rachael W. CY	8:30-9:30 am Moring Energizers Sheree/Terri/Aleesha/Jenny Gym		
5:45- 6:45 pm Water Aerobics Nicole/Lauren SOSB	6:10—6:55 pm Les Mills Core™ Lauren GE	5:45—6:45 pm Water Aerobics Nicole SOSB	6:10—6:40 pm Les Mills Core™ Lauren GE *NO CLASS 7/8	9:15—10:00 am BodyPUMP™ Lauren/Erica/ Rachael W. GE		
6:00—7:05 pm BodyPUMP™ Erica/Jennifer GE		6:10—7:15 pm BodyPUMP™ Erica/Jennifer GE				
				 ***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	