



GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA - Mar. 4 —Mar. 30

LEGEND

GE Group Exercise Room
 CY Cycling Room
 HEC Huntingburg Event Center
 HHHS POOL Heritage Hills 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	5:00-6:00 am BodyPUMP™ Rachel GE	7:30-8:35 am BodyPUMP™ Jennifer GE	4:45-5:15 pm EST CX WORX™ Mon. 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	8:00-9:00 am Enhanced Fitness Rachel HEC	8:45-9:30 am BodyATTACK™ Steph GE	5:15-6:00 pm EST RPM™ Mon. Rachael-H.H.YMCA
8:30-9:30 am BodyPUMP™ Lauren GE	8:15-9:00 am RPM™ Rachel CY	8:30-9:30 am Morning Energiz-ers Abe/Kristen GYM	4:45-5:45 pm BodyFLOW™ Erica CY	8:15-9:00 am RPM™ Amy Z. CY	9:45-10:45 am BodyFLOW™ Steph GE	5:30-6:15 am EST RPM™ Tues. DeNae-H.H.YMCA
8:30-9:30 am Morning Energizers Abe/Kristen GYM	9:20-10:15 am BodyFLOW™ Erica GE	8:30-9:30 am BodyPUMP™ DeNae GE	5:00-5:45 pm BodyPUMP™ Rachael W. GE	8:30-9:30 am Morning Energizers Jennifer K. GYM	CLASSES AT VUJC IN JASPER:	4:30-5:30 pm EST BodyPump/CX Worx™ Wed.- Lauren-H.H.YMCA
5:15-5:45 pm Tabata Jill GE	5:15-6:00 pm RPM™ Rachael W. CY	5:00-6:00 pm Yin Yoga Samantha CY	5:50-6:35 pm RPM™ Rachael W. CY	9:15-10:00 am BodyPUMP™ Rachael W. GE	11:30 am-12:00 pm CXWORX™ Tues. Stephanie-VUJC	6:15-7:15 pm Water Aerobics Wed.—6th & 13th ONLY! Lauren-HHHS POOL
5:30-6:00 pm BodyATTACK™ Steph CY	5:15-6:00 pm Kickboxing Kenzie GE	5:30-6:00 pm BodyATTACK™ Steph GE			5:00-5:50 pm EST BodyATTACK™ Thurs. Melissa-VUJC	5:30-6:15 am EST RPM™ Thurs. DeNae-H.H.YMCA
6:10-7:15 pm BodyPUMP™ Jennifer GE	6:10-6:40 pm CX WORX™ Lauren GE	6:10-7:05 pm BodyFLOW™ Steph GE			11:30 am-12:30 pm BodyFLOW™ Fri Stephanie-VUJC	5:30-6:35 pm EST BodyPUMP™ Thurs.—NO CLASS 3/14 Lauren-H.H.YMCA
6:10-7:05 BodyFLOW™ Steph CY		6:10-7:15 pm BodyPUMP™ Jennifer GE				5:15-6:20 am EST BODYPUMP™ Fri. DeNae-H.H.YMCA
		6:15-7:15 pm Water Aerobics Lauren HHHS POOL				8:00-9:00 am EST BodyFLOW™ Saturday Erica-H.H.YMCA
		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.			