

GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA - March 5—Mar. 31

LEGEND

GE Group Exercise Room

CY Cycling Room


HEC Huntingburg Event Center

HHHS POOL Heritage Hills Pool

HHMS Heritage Hill Middle

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	4:15—5:00 pm EST RPM™ Mondays Rachael W.—HHMS
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	8:10—8:45 am RPM™ Amy Z. CY	5:30—6:05 am CX WORX™ Rachel GE	8:30—9:30 am PiYo™ Steph CY	5:30—6:15 am EST RPM™ Tuesdays—NO CLASS 3/27 DeNae—HHMS
8:45—9:15 am BodyPUMP™ DeNae GE	8:15—9:00 am RPM™ Rachel CY	8:30—9:30 am Morning Energizers Abe/Kenzie GYM	8:45—9:15 am CX WORX™ Lauren GE	8:00—9:00 am Enhanced Fitness Rachel HEC	8:45—9:45 am BodyATTACK™ Melissa GE	4:15—5:00 pm EST RPM™ Wednesdays Rachael W.—HHMS
9:20—9:50 am CX WORX™ DeNae GE	5:15—6:00 pm RPM™ Rachael CY	8:15—9:20 am BodyPUMP™ DeNae/Steph GE	4:45—5:45 pm Power Vinyasa Yoga Anne CY	8:15—9:00 am RPM™ Amy Z. CY		5:30—6:15 am EST RPM™ Thursdays—NO CLASS 3/29 DeNae—HHMS
8:30—9:30 am Morning Energizers Adrienne GYM	5:15—6:00 pm Kickboxing Kenzie GE	5:00—6:00 pm Yin Yoga Samantha CY	4:45—5:50 pm BodyPUMP™ Jennifer GE	8:30—9:30 am Morning Energizers Abe/Steph GYM		5:15—6:15 am EST BODYPUMP™ Fridays NO CLASS 3/30 DeNae—SCUMC
4:45—5:45 pm Power Vinyasa Yoga Anne CY	6:05—6:35 pm CX WORX™ Lauren GE	5:10—5:55 pm BodyATTACK™ DeNae/Steph GE	5:50—6:35 pm RPM™ Rachael CY			CLASSES AT VUJC IN JASPER:
5:15—5:45 pm Tabata Jill— NO CLASS 3/5 & 3/19 GE	6:40—7:30 pm ZUMBA™ Brandi GE	6:10—7:00pm Insanity™ Cody CY	6:30—7:20 pm Pound™ Brandi GE	FREE FITNESS FRIDAY!!! Mar. 16th ONLY 5:15 PM CX WORX™ Steph & Lauren—GE	FREE FITNESS FRI- DAY CLASSES ARE ONCE A MONTH ONLY,	12:00—12:30 pm EST CX WORX Wednesdays Stephanie—VUJC
6:00—7:05 pm BodyPUMP™ Jennifer GE		6:15—7:15 pm Water Aerobics Lauren— NO CLASS 3/28 HHHS			AND FREE TO MEMBERS AND NON-MEMBERS!!!	12:00—12:50 pm EST PiYo™ Thursdays Stephanie—VUJC
6:30—7:15 pm BodyATTACK™ Melissa CY		6:10—7:10 pm BodyPUMP™ Jennifer GE				6:00—6:50 pm EST BodyATTACK Thursdays Melissa—VUJC
					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.

MARCH NEWS AND NOTIFICATIONS:

- **SNOW POLICY:** If schools are cancelled or on a 2-hour delay due to snow, all morning group exercise classes will be cancelled. Also, the facility will open at 6 am, rather than 5 am.
- If in doubt of a cancellation due to weather, please check our Facebook page , website, or you can call the Tri-County YMCA at (812) 367-2323.
- **CHILD WATCH HOURS:** Monday-Saturday 8:00 am to 11:00 am and Monday-Thursday 4:00 pm to 8:00 pm.
- Check out the schedule for our monthly **FREE FITNESS FRIDAY** class!!! March 17th will be a super fun, St. Patty's Day **CX WORX** class!!! **FREE FOR EVERYONE!** Wear you **GREEN!!!**
- Don't forget to check out our group exercise classes at **VUJC!!!**