




GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA - May. 5 —June 1

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—5:30 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	5:30—6:00 am CX WORX™ Rachel GE	8:45—9:45 am BodyATTACK™ Steph GE	5:15—6:00 pm EST RPM™ Mon. Rachael—H.H.YMCA
8:30—9:30 am BodyPUMP™ Steph GE	8:15—9:00 am RPM™ Rachel CY	8:30—9:30 am Morning Energizers Abe/Kristen GYM	9:10—10:10 am BodyFLOW™ Amy GE	8:00—9:00 am Enhanced Fitness Rachel HEC	9:55—10:55 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	9:10—10:10 am BodyFLOW™ Erica GE	8:30—9:30 am BodyPUMP™ DeNae GE	4:45—5:45 pm BodyFLOW™ Erica GE	8:15—9:00 am RPM™ Amy Z. CY	CLASSES AT VUJC IN JASPER:	4:30—5:30 pm EST BodyPump™ Wed.- Lauren—H.H.YMCA
5:15—5:45 pm Tabata Jill-NO CLASS MAY 6th GE	5:15—6:00 pm RPM™ Rachael W. CY	5:00—6:00 pm Yin Yoga Samantha CY	5:15—6:00 pm RPM™ Rachael W. CY	8:30—9:30 am Morning Energizers Steph GYM	11:30 am—12:00 pm CXWORX™ Tues. Steph—VUJC	5:30—6:15 am EST RPM™ Thurs. DeNae—H.H.YMCA
5:15-6:15pm PIYO™ Steph CY	5:15—6:00 pm Kickboxing Kenzie GE	5:15—6:00 pm BodyATTACK™ Steph GE	6:10—6:40 pm CX WORX™ Lauren GE	9:15—10:00 am BodyPUMP™ Rachael W. GE	11:30 am—12:30 pm PIYO™ Fri Steph—VUJC	5:15—6:20 am EST BODYPUMP™ Fri. 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™ Amy CY		**FREE FITNESS FRIDAY for the Month of May will be BODYFLOW at the Parklands		8:00—9:00 am EST BODYFLOW™ Saturday Erica—H.H.YMCA
		6:10—7:15 pm BodyPUMP™ Jennifer GE		In Jasper on Friday, May 10th, from 5:30 pm to 6:30 pm. Please bring your own mat or towel.		
***Our facility will be closed for Memorial Day on Monday, May 27th, so there will be no classes on that day.						
		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 modi- fied for all levels of fitness.			