




GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA— April 26th— May 29th

LEGEND

GE Group Exercise Room
CY Cycling 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 | 5:00-5:45 am RPM Rachael W. GE | 8:00—9:00 am Enhanced Fitness Rachel HEC | 5:00—5:45 am RPM™ Rachael W. | 5:00—5:50 am BodyPUMP™ Rachael W. GE | 7:40 —8:45 am BodyPUMP™ Jennifer GE | 5:30 —6:30 pm (EST) BodyPUMP™ Mon. DeNae HH YMCA |
| 8:30—9:30 am BodyPUMP™ Lauren/Erica GE | 8:15—9:00 am RPM™ Amy Z. CY | 8:30—9:30 am BodyPUMP™/CX WORX™ DeNae/Erica GE | 8:15—9:00 am RPM™ Amy Z. CY | 8:00—9:00 am Enhanced Fitness Rachel HEC | 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 Sheree/Kristen/Terri Gym | 9:10—10:10 am BodyFLOW™ Erica GE | 8:30-9:30 am Moring Energizers Sheree/Jenny/ Kristen Gym | 4:45—5:45 pm BodyFLOW™ Erica GE | 8:15—9:00 am RPM™ Amy Z. CY | 9:00—9:45 am High Fitness® Sheree GE *1st and 3rd Sat.—High *2nd & 4th Sat.—High/Low *NO CLASS 5/22 | 5:30 —6:15 am (EST) RPM™ Thurs. DeNae HH YMCA |
| 4:40 pm—5:10 pm Tabata Jill/Sheree GE | 5:15—6:00 pm RPM™ Rachael W. /Amy Z. CY | 5:15—6:00 pm High Fitness® Sheree GE | 5:15—6:00 pm RPM™ Amy S. CY | 8:30-9:30 am Moring Energizers Jenny/Sheree/Terri Gym | 9:55—10:55 am BodyFLOW™ Amy Z. GE *NO CLASS 5/22 | 5:15 —6:15 am (EST) BodyPUMP™ Fri. DeNae HH YMCA |
| 5:30—6:15 pm RPM™ Amy S. CY | 5:15—6:00 pm Kickboxing Kenzie GE | 6:10—7:15 pm BodyPUMP™ Erica/Jennifer GE | 6:10—6:40 pm Les Mills Core™ Lauren GE | 9:15—10:00 am BodyPUMP™ Lauren/Erica GE | 9:55-10:55 am Gentle Flow Yoga Seth/Kirsten *ONLY ON 5/22 | |
| 6:00—7:05 pm BodyPUMP™ Erica/Lauren GE | 6:10—6:55 pm Les Mills Core™ Lauren/DeNae GE | | | | 10:00– 11:00 am Mommy & Me Yoga Kirsten *ONLY ON 5/8 | |
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| | | | |  | ***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 |

Class sizes will be limited.

You can reserve your spot online at imleagues.com or sign up in person at the courtesy desk 30 minutes prior to class time.