




GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA - Nov. 6—Dec. 2

LEGEND GE Group Exercise Room HHMS Heritage Hill Middle School
 CY Cycling Room GYM YMCA gym
 HEC Huntingburg Event Center
 HHHS POOL Heritage Hills Pool

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	7:15—8:00 am Pound™ April GE	8:10—8:45 am RPM™ Amy Z. CY	5:30—6:05 am CX WORX™ Rachel GE	8:45—9:45 am BodyATTACK™ Melissa GE	5:30—6:15 am EST RPM™ Tuesdays DeNae—HHMS
8:00—8:55 am BodyPUMP™ DeNae GE	8:15—9:00 am RPM™ Rachel CY	8:00—9:00 am Enhanced Fitness Rachel HEC	8:45—9:15 am CX WORX™ Lauren GE	8:00—9:00 am Enhanced Fitness Rachel HEC	8:50—9:50 am Stretch & Flow Yoga Anne CY	4:15—5:00 pm EST RPM™ Wednesdays Rachael W.—HHMS
9:00—9:30 am CX WORX™ DeNae GE	8:30—9:30 am Tai Chi Jim GE	8:30—9:30 am Morning Energizers April GYM	9:30—10:20 am PiYo™ Steph GE	8:15—9:00 am RPM™ Amy Z. CY		5:30—6:15 am EST RPM™ Thursdays DeNae—HHMS
8:30—9:30 am Morning Energizers Adrienne GYM	5:15—6:00 pm RPM™ Rachael CY	8:15—9:20 am BodyPUMP™ Steph GE	4:45—5:45 pm Power Vinyasa Yoga Anne CY	8:30—9:30 am Morning Energizers Abe GYM	NO CLASSES ON SATURDAY 11/18 FOR CHRISTKINDELMART	5:15—6:15 am EST BODYPUMP™ Fridays DeNae—SCUMC
4:45—5:45 pm Power Vinyasa Yoga Anne CY	5:30—6:15 pm Tabata Melissa GE	9:45—10:30 am BodyATTACK™ Melissa GE	4:45—5:50 pm BodyPUMP™ Jennifer— NO CLASS 11/16 GE	5:15—5:45 pm Pound™ Brandi— NO CLASS 11/10 CY	NO CLASSES ON 11/23 OR 11/24 FOR THE THANKSGIVING HOLIDAY	
5:15—5:45 pm Tabata Jill— NO CLASS 11/06 GE	6:15—6:45 pm CX WORX™ Lauren CY	5:00—6:00 pm Yin Yoga Samantha CY	5:50—6:35 pm RPM™ Rachael CY	5:50—6:20 pm CX WORX™ Lauren GE		
5:50—6:20 pm Pound KIDST™ Brandi— NO CLASS 11/13 CY	6:30—7:20 pm Pound™ April GE	5:15—6:00 pm BodyATTACK™ DeNae/Steph GE	6:30—7:20 pm Pound™ Brandi— NO CLASS 11/9 GE		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.
6:00—7:05 pm BodyPUMP™ Jennifer GE		6:00—7:00 pm Water Aerobics Lauren HHHS				
6:30—7:15 pm BodyATTACK™ Melissa/Steph		6:00—7:05 pm BodyPUMP™ Jennifer GE				
		6:05—7:05 pm PiYo™ Brooke CY				