



# GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA - Nov. 5 —Dec. 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 <b>RPM™/BodyPUMP™</b> Rachel GE	5:00-5:30 am <b>BodyATTACK™</b> Rachel GE	5:00-6:05 am <b>BodyPUMP™</b> Rachel GE	5:15-6:00 am <b>RPM™</b> Rachel GE	5:00-5:30 am <b>BodyPUMP™</b> Rachel- <b>NO CLASS 11/23</b> GE	7:30-8:35 am <b>BodyPUMP™</b> Jennifer- <b>NO CLASS 11/17</b> GE	5:30-6:30 pm EST <b>RPM/BodyPUMP™</b> Mon. Rachael-H.H.YMCA
8:00-9:00 am <b>Enhanced Fitness</b> Rachel HEC	5:30-6:05 am <b>CX WORX™</b> Rachel GE	8:00-9:00 am <b>Enhanced Fitness</b> Rachel HEC	8:15-9:00 am <b>RPM™</b> Amy Z. CY	5:30-6:05 am <b>CX WORX™</b> Rachel- <b>NO CLASS 11/23</b> GE	8:45-9:30 am <b>BodyATTACK™</b> Melissa- <b>NO CLASS 11/17</b> GE	5:30-6:15 am EST <b>RPM™</b> Tues. DeNae-H.H.YMCA
8:30-9:30 am <b>BodyPUMP™</b> DeNae GE	8:15-9:00 am <b>RPM™</b> Rachel CY	8:30-9:30 am <b>Morning Energizers</b> Abe/Kristen GYM	4:45-5:45 pm <b>BodyFLOW™</b> Erica CY	8:00-9:00 am <b>Enhanced Fitness</b> Rachel- <b>NO CLASS 11/23</b> HEC	9:40-10:40 am <b>BodyFLOW™</b> Melissa- <b>NO CLASS 11/17</b> GE	4:15-5:15 pm EST <b>BodyPump/CX Worx™</b> Wed. Lauren-H.H.YMCA
8:30-9:30 am <b>Morning Energizers</b> Abe/Kristen GYM	9:20-10:15 am <b>BodyFLOW™</b> Erica GE	8:30-9:30 am <b>BodyPUMP™</b> DeNae GE	5:00-6:05 pm <b>BodyPUMP™</b> Jennifer GE	8:15-9:00 am <b>RPM™</b> Amy Z. CY	<b>CLASSES AT VUJC IN JASPER:</b>	5:30-6:15 am EST <b>RPM™</b> Thurs.- <b>NO CLASS 11/22</b> DeNae-H.H.YMCA
5:15-5:45 pm <b>Tabata</b> Jill GE	5:15-6:00 pm <b>RPM™</b> Rachael W. CY	5:00-6:00 pm <b>Yin Yoga</b> Samantha CY	5:50-6:35 pm <b>RPM™</b> Rachael W. CY	8:30-9:30 am <b>Morning Energizers</b> Steph- <b>NO CLASS 11/16</b> GYM	11:30 am-12:00 pm <b>CXWORX™</b> Mon. Stephanie-VUJC	5:30-6:35 pm EST <b>BodyPUMP™</b> Thurs.- <b>NO CLASS 11/22</b> Lauren-H.H.YMCA
6:00-7:05 pm <b>BodyPUMP™</b> Jennifer GE	5:15-6:00 pm <b>Kickboxing</b> Kenzie GE	5:10-5:55 pm <b>BodyATTACK™</b> Steph GE		9:15-10:00 am <b>BodyPUMP™</b> Rachael W. GE	5:00-5:50 pm EST <b>BodyATTACK™</b> Thur.- <b>NO CLASS 11/22</b> Melissa-VUJC	5:15-6:20 am EST <b>BODYPUMP™</b> Fri.- <b>NO CLASS 11/23</b> DeNae-H.H.YMCA
6:00-7:00 <b>BodyFLOW™</b> Melissa CY	6:10-6:40 pm <b>CX WORX™</b> Lauren GE	6:10-7:10 pm <b>BodyPUMP™</b> Jennifer GE	<b>*** OUR FACILITY IS CLOSED ON 11/22 FOR THE THANKSGIVING HOLIDAY</b>	5:30-6:30 pm <b>BodyPUMP™</b> Jennifer- 11/16 ONLY!!! GE	11:30 am-12:30 pm <b>BodyFLOW™</b> Fri.- <b>NO CLASS 11/23</b> Stephanie-VUJC	8:00-9:00 am EST <b>BODYFLOW™</b> Saturday Erica-H.H.YMCA
		6:15-7:15 <b>BodyFLOW™</b> Steph CY	<b>THERE WILL BE NO GROUP EXERCISE CLASSES AT ANY LOCATIONS ON THANKSGIVING DAY.</b>	<b>LADIES NIGHT IS FRIDAY, NOVEMBER 9TH, FROM 5:30 TO 8:30 PM</b>	<b>THERE WILL BE NO GROUP EXERCISE CLASSES 11/17 FOR CHRISTKINDLMARKT</b>	
			<b>YOU MAY USE THE WELLNESS CENTER WITH YOUR 24 HOUR ACCESS CARD.</b>	<b>FREE FITNESS FRIDAY IS ALSO NOVEMBER 9TH, BODY FLOW WILL BE FROM 5:00 TO 6:00 PM</b>		
		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.	<b>CHILDWATCH WILL BE AVAILABLE FOR LADIES NIGHT AND FREE FITNESS FRIDAY</b>		