





**GROUP EXERCISE SCHEDULE**

**TRI-COUNTY YMCA - Nov. 1st — Nov. 28th**

**LEGEND** GE Group Exercise Room  
 CY Cycling Room  
 GYM YMCA gym  
 HEC Huntingburg Event Center  
 HH YMCA Heritage Hills High School

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   | HERITAGE HILLS   |
|---|---|--|--|---|--|--|
| 8:00—9:00 am<br><b>Enhanced Fitness</b><br>Rachel<br>HEC  | 5:00—6:05 am<br><b>BodyATTACK/CX WORX™</b><br>Rachel<br>GE                    | 8:00—9:00 am<br><b>Enhanced Fitness</b><br>Rachel<br>HEC   | 5:15—6:00 am<br><b>RPM™</b><br>Rachel<br>GE  | 5:00—6:15 am<br><b>BodyPUMP™/CX WORX™</b><br>Rachel<br>GE<br><b>*NO CLASS 11/27</b>                         | 7:45 am—8:45 am<br><b>BodyPUMP™</b><br>Jennifer<br>GE                                      | 5:30 pm—6:30 pm (EST)<br><b>BodyPUMP™</b><br><b>Mon.</b><br>DeNae<br>HH YMCA                           |
| 8:30—9:30 am<br><b>BodyPUMP™</b><br>Lauren/Erica<br>GE    | 8:15—9:00 am<br><b>RPM™</b><br>Amy Z.<br>CY                                   | 8:30—9:30 am<br><b>BodyPUMP™/CX WORX™</b><br>DeNae<br>GE   | 8:15—9:00 am<br><b>RPM™</b><br>Amy Z.<br>CY  | 8:00—9:00 am<br><b>Enhanced Fitness</b><br>Rachel<br>HEC<br><b>*NO CLASS 11/27</b>                          | 9:00—9:45 am<br><b>RPM™</b><br>Amy Z.<br>CY  | 5:30 am— 6:15 am (EST)<br><b>RPM™</b><br><b>Tues.</b><br>Amy S.<br>HH YMCA                             |
| 8:30—9:30 am<br><b>Moring Energizers</b><br>Conner<br>Gym | 9:10—10:10 am<br><b>BodyFLOW™</b><br>Erica<br>GE                              | 8:30—9:30 am<br><b>Moring Energizers</b><br>Sheree<br>Gym  | 4:45—5:45 pm<br><b>BodyFLOW™</b><br>Erica<br>GE  | 8:15—9:00 am<br><b>RPM™</b><br>Amy Z./ Amy S.<br>CY   | 9:00—9:45 am<br><b>High Fitness®</b><br>Sheree<br>CY                                       | 5:30 am—6:15 am (EST)<br><b>RPM™</b><br><b>Thurs.</b><br>DeNae<br>HH YMCA                              |
| 4:40 pm—5:10 pm<br><b>Tabata</b><br>Jill<br>GE            | 5:15—6:00 pm<br><b>RPM™</b><br>DeNae<br>CY<br><b>*NO CLASS ON 11/24</b>       | 5:30— 6:30 pm<br><b>STRONG by Zumba®</b><br>Michelle<br>CY | 5:15—6:00 pm<br><b>RPM™</b><br>Amy S.<br>CY<br><b>*NO CLASS ON 11/5</b>  | 8:30—9:30 am<br><b>Moring Energizers</b><br>Jenny<br>Gym  | 9:55—10:55 am<br><b>BodyFLOW™</b><br>Erica/ Amy Z.<br>GE                                   | 5:15 am—6:15 am (EST)<br><b>BodyPUMP™</b><br><b>Fri.</b><br>DeNae<br>HH YMCA<br><b>*NO CLASS 11/27</b> |
| 5:30—6:15 pm<br><b>RPM™</b><br>Amy S.<br>CY               | 5:15—6:00 pm<br><b>High Fitness®</b><br>Sheree<br>CY<br><b>*ONLY ON 11/24</b> | 6:10—7:15 pm<br><b>BodyPUMP™</b><br>Lauren/Erica<br>GE     | 5:15—6:00 pm<br><b>High Fitness®</b><br>Sheree<br>CY<br><b>*ONLY ON 11/5</b>   | 9:15—10:00 am<br><b>BodyPUMP™</b><br>Rachael W.<br>GE   |  |  |
| 6:00—7:05 pm<br><b>BodyPUMP™</b><br>Lauren/Erica<br>GE    | 5:15—6:00 pm<br><b>Kickboxing</b><br>Kenzie<br>GE                             |  | 6:10—6:40 pm<br><b>CX WORX™</b><br>Lauren<br>GE  |   |  |  |
|   | 6:10—6:40 pm<br><b>CX WORX™</b><br>Lauren<br>GE                               |  | <b>*NO CLASS 11/26.<br/>HAPPY THANKSGIVING!</b><br> |   |  |  |
|   |   |  |   | ***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 may reserve your spot online at imleagues.com or sign up in person at the courtesy desk 30 minutes prior to class time.**