




GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA— October 31— November 28th

LEGEND

GE Group Exercise Room (Old WC)
CS Cycling Studio (Orange Group Room)
BR Boxing Room
GYM YMCA gym
HEC Huntingburg Event Center
HH YMCA Heritage Hills

SHS Southridge High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	HERITAGE HILLS
8:00—9:00 am Enhanced Fitness Rachel HEC	5:00—6:05 am BodyPUMP™/Les Mills Core™ Rachel CS	8:00—9:00 am Enhanced Fitness Rachel HEC	5:15—6:00 am RPM™ Rachel CS	5:00—6:15 am BodyPUMP™/Les Mills Core™ Rachel GE *NO CLASS 11/26	7:40 —8:45 am BodyPUMP™ Jennifer GE	4:30 pm—5:30 pm (EST) BodyFLOW™ Mon. DeNae HH YMCA
8:30—9:30 am BodyPUMP™ Lauren GE	8:15—9:00 am RPM™ Amy Z. CS	8:30—9:30 am BodyPUMP™/Les Mills Core™ DeNae/Lauren GE	8:15—9:00 am RPM™ Amy Z. CS	8:00—9:00 am Enhanced Fitness Rachel HEC *NO CLASS 11/26	8:45—9:45 am RPM™ Amy Z. CS	5:45 —6:45 pm (EST) BodyPUMP™ Mon. DeNae HH YMCA
8:30-9:30 am Moring Energizers Jenny/ Sheree/Terri Gym	9:10—10:10 am BodyFLOW™ Erica GE	8:30-9:30 am Moring Energizers Aleesha Gym	9:15—10:15 am Upbeat Barre® Sheree GE	8:15—9:00 am RPM™ Amy Z. CS	9:00—9:45 am High Fitness® Sheree GE *1st and 3rd Sat.—High *2nd & 4th Sat.—High/Low * CLASS WILL BE HELD @ HH ON 11/13 FOR MINI MANIA!	5:30 — 6:15 am (EST) RPM™ Tues. Amy S. HH YMCA
4:45 pm—5:45 pm Upbeat Barre® Sheree GE *NO CLASS 11/1	5:15—6:00 pm RPM™ Rachael W. CS	5:15—6:00 pm High Fitness® Sheree GE *NO CLASS 11/3	4:45—5:45 pm BodyFLOW™ Erica GE	8:30-9:30 am Moring Energizers Jenny/Sheree/Terri Gym	9:55—10:55 am BodyFLOW™ Amy Z. GE	5:30 —6:15 am (EST) RPM™ Thurs. DeNae HH YMCA * NO CLASS 11/25
5:15—6:00 pm RPM™ Amy S. CS	5:15—6:00 pm Kickboxing Kenzie BR	6:10—7:15 pm BodyPUMP™ Erica/ Jennifer GE	5:15—6:00 pm RPM™ Rachael W. CS	9:15—10:00 am BodyPUMP™ Lauren/Rachael W. GE	7:00—8:00 pm Water Aerobics Amber/Danielle SHS *ONLY ON 11/6 & 11/20	5:15 —6:15 am (EST) BodyPUMP™ Fri. DeNae HH YMCA *NO CLASS 11/26
6:00—7:05 pm BodyPUMP™ Jennifer/Erica GE	6:10—6:55 pm Les Mills Core™ Lauren BR *CLASS WILL BE HELD IN THE BOXING ROOM.	7:00—8:00 pm Water Aerobics Amber/Danielle SHS	6:10—6:40 pm Les Mills Core™ Lauren BR *CLASS WILL BE HELD IN THE BOXING ROOM.		MINI MANIA 11/13 at Heritage Hills High School! FREE EVENT! 9AM—1PM EST. Call the Y for more de- tails!	SUNDAY
			NO CLASSES ON 11/25. HAPPY THANKSGIVING!			4:00—5:00 pm Beginner Yoga Flow Andrea GE
		***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			