




GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA - Oct. 2—Nov. 3

LEGEND GE Group Exercise Room HHMS Heritage Hill Middle School
 CY Cycling Room GYM YMCA gym
 HEC Huntingburg Event Center
 SOSB POOL Sisters of St. Benedict 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- NO CLASS 10/4 GE	8:10-8:45 am RPM™ Amy Z.- NO CLASS 10/26 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- NO CLASS 10/19 GE	8:00-9:00 am Enhanced Fitness Rachel HEC	8:50-9:50 am Stretch & Flow Yoga Anne- NO CLASS 10/14 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	9:45-10:35 am PiYo™ Steph- NO CLASS 10/19 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	9:45-10:35 am Country Heat™ Brandi GE	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 GYM	*** THERE WILL BE NO CLASSES ON SATURDAY, OCT. 28TH	5:15-6:15 am EST BODYPUMP™ Fridays DeNae—SCUMC
4:15-5:05 pm Pound™ Brandi- NO CLASS 10/2 GE	5:15-6:15 pm RPM™ Rachael CY	9:45-10:30 am BodyATTACK™ Melissa GE	4:45-5:50 pm BodyPUMP™ Jennifer GE	5:15-6:00 pm Pound™ Brandi CY	DUE TO THE MONSTER DASH 5K RUN	DENAE WILL BE OUT OCT. 24TH-27TH, AND WILL NOT HAVE CLASSES THOSE DAYS
4:45-5:45 pm Power Vinyasa Yoga Anne CY	5:30-6:15 pm Tabata Melissa GE	4:15-5:00 pm RPM™ Amy Z- NO CLASS 10/25 CY	5:50-6:35 pm RPM™ Rachael CY	5:30-6:00 pm CX WORX™ Lauren GE		
5:15-5:45 pm Tabata Jill GE	6:15-6:45 pm CX WORX™ Lauren CY	5:15-6:00 pm BodyATTACK™ DeNae/Steph 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	6:30-7:20 pm Pound™ April GE	6:00-7:05 pm BodyPUMP™ Jennifer GE				
		5:45-6:30 pm Country Heat™ Brandi CY				
		6:35-7:25 pm PiYo™ Brooke CY				