




GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA - Oct. —Nov. 3

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 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	5:30-6:30 pm EST RPM/BodyPUMP™ Mon. Rachael—H.H.YMCA
8:00-9:00 am Enhanced Fitness Rachel HEC	5:30-6:05 am CX WORX™ Rachel GE	8:00-9:00 am Enhanced Fitness Rachel HEC	8:15-9:00 am RPM™ Amy Z. CY	5:30-6:05 am CX WORX™ Rachel GE	8:45-9:30 am BodyATTACK™ Melissa GE	5:30-6:15 am EST RPM™ Tues. DeNae—H.H.YMCA
8:30-9:30 am BodyPUMP™ DeNae GE	8:15-9:00 am RPM™ Rachel CY	8:30-9:30 am Morning Energizers Abe/Kristen GYM	4:45-5:45 pm Power Vinyasa Yoga Anne CY	8:00-9:00 am Enhanced Fitness Rachel HEC	9:40-10:40 am BodyFLOW™ Melissa GE	4:15-5:15 pm EST WACKY WEDNESDAY Wed. Lauren—H.H.YMCA
8:30-9:30 am Morning Energizers Abe/Kristen GYM	9:20-10:15 am BodyFLOW™ Steph/Erica GE	8:30-9:30 am BodyPUMP™ DeNae GE	5:00-6:05 pm BodyPUMP™ Jennifer GE	8:15-9:00 am RPM™ Amy Z. CY	CLASSES AT VUJC IN JASPER:	5:30-6:15 am EST RPM™ Thurs. DeNae—H.H.YMCA
4:45-5:45 pm Power Vinyasa Yoga Anne CY	5:15-6:00 pm RPM™ Rachael W. CY	5:00-6:00 pm Yin Yoga Samantha- NO CLASS 10/31 CY	5:50-6:35 pm RPM™ Rachael W. CY	8:30-9:30 am Morning Energizers Steph GYM	11:30 am-12:00 pm CXWORX™ Mon. Stephanie—VUJC	5:30-6:35 pm EST BodyPUMP™ Thurs. Lauren—H.H.YMCA
5:15-5:45 pm Tabata Jill GE	5:15-6:00 pm Kickboxing Kenzie GE	5:10-5:55 pm BodyATTACK™ Steph- NO CLASS 10/31 GE		9:15-10:00 am BodyPUMP™ Rachael W. GE	5:00-5:50 pm EST BodyATTACK™ Thur.- NO CLASS 10/4 Melissa—VUJC	5:15-6:20 am EST BODYPUMP™ Fri. DeNae—H.H.YMCA
6:00-7:05 pm BodyPUMP™ Jennifer GE	6:10-6:40 pm CX WORX™ Lauren GE	6:15-7:15 BodyFLOW™ Steph- NO CLASS 10/31 CY		5:30-6:35 pm BodyPUMP™ Lauren- 10/26 ONLY!!! GE	11:30 am-12:30 pm BodyFLOW™ Fri.- NO CLASS 10/5 Stephanie—VUJC	
	6:30-7:20 pm Pound™ Brandi-CY NO CLASS 10/16 OR 10/23	6:15-6:45 pm CX WORX™ Lauren- 10/31 ONLY!!! CY		5:30-6:30 pm Yin Yoga Samantha- 10/12 ONLY! GE	*NO GROUP EXERCISE CLASSES ON SATUR- DAY, OCTOBER 27TH DUE TO MONSTER DASH	
		6:10-7:10 pm BodyPUMP™ Jennifer 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.		

OCTOBER NEWS AND NOTIFICATIONS:

*CHILD WATCH HOURS: Monday-Saturday 8:00 am to 11:00 am and Monday-Thursday 4:00 pm to 8:00 pm.

*Fall Fat loss begins Monday, October 8th! It will run until Wednesday, November 14th!

*Our annual Monster Dash 5k run is Saturday, October 27th! Come in and register or register online!

*FREE FITNESS FRIDAY is back! This month we will have a special FREE Yin Yoga class with Samantha on Friday, October 12th from 5:30 to 6:30 pm

*There will be NO group exercise classes on Saturday, October 27th due to Monster Dash.

*There WILL be a BodyPUMP class on Friday, October 26th from 5:30 pm to 6:30 pm.