





GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA - September 28th—October 31st

LEGEND GE Group Exercise Room
 CY Cycling Room
 GYM YMCA gym
 HEC Huntingburg Event Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	HERITAGE HILLS
8:00—9:00 am Enhanced Fitness Rachel HEC	5:00—6:05 am BodyATTACK/CX WORX™ Rachel GE	8:00—9:00 am Enhanced Fitness Rachel HEC	5:15—6:00 am RPM™ Rachel GE	5:00—6:15 am BodyPUMP™/CX WORX™ Rachel GE	7:45 am—8:45 am BodyPUMP™ Jennifer/Rachael W. GE	5:30 pm—6:30 pm (EST) BodyPUMP™ Mon. DeNae/Lauren HH YMCA
8:30—9:30 am BodyPUMP™ Lauren/Rachael W. GE	8:15—9:00 am RPM™ Amy Z./Rachel B. CY	8:30—9:30 am BodyPUMP™/CX WORX™ DeNae GE	8:15—9:00 am RPM™ Amy Z./Amy S. CY	8:00—9:00 am Enhanced Fitness Rachel HEC	9:00—9:45 am RPM™ Amy Z. CY *NO CLASS 10/31	5:30 am— 6:15 am (EST) RPM™ Tues. Amy S. HH YMCA
8:30—9:30 am Moring Energizers Kristen/Conner Gym	9:10—10:10 am BodyFLOW™ Erica GE	8:30—9:30 am Moring Energizers Sheree Gym	4:45—5:45 pm BodyFLOW™ Erica GE	8:15—9:00 am RPM™ Amy Z./ Amy S. CY	9:55—10:55 am BodyFLOW™ Erica/ Amy Z. GE *NO CLASS 10/24, 10/31	5:30 am—6:15 am (EST) RPM™ Thurs. DeNae/Amy S. HH YMCA
4:40 pm—5:10 pm Tabata Jill GE	5:15—6:00 pm RPM™ Rachael W. CY	5:30— 6:30 pm STRONG by Zumba® Michelle CY	5:15—6:00 pm RPM™ Rachael W. CY	8:30—9:30 am Moring Energizers Jenny/Kristen Gym	9:55—10:55 am High Fitness® Sheree GE *ONLY ON 10/24	5:15 am—6:15 am (EST) BodyPUMP™ Fri. DeNae/Lauren HH YMCA
5:30—6:15 pm RPM™ Amy S. CY	5:15—6:00 pm Kickboxing Kenzie GE	6:10—7:15 pm BodyPUMP™ Jennifer/Rachael W. GE	6:10—6:40 pm CX WORX™ Lauren GE *NO CLASS 10/15	9:15—10:00 am BodyPUMP™ Rachael W. GE		
6:00—7:05 pm BodyPUMP™ Jennifer/Rachael W. GE	6:10—6:40 pm CX WORX™ Lauren/DeNae GE		6:00—6:45 pm High Fitness® Sheree GE *ONLY ON 10/15		MONSTER DASH 10/31 @ 10:00 am (EST) 	
				***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. In order to participate, please register by using imleagues.com to reserve your spot!**

***Drop ins/ call ins at least 30 minutes prior to class are accepted if spots are available.**