



GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA— September 26th—October 30th

LEGEND GE Group Exercise Room (Old WC)
 CS Cycling Studio (Orange Group Room)
 BR Boxing 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 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 | 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 * NO CLASS 10/18 | 8:15—9:00 am RPM™ Amy Z. CS | 8:30—9:30 am BodyPUMP™/Les Mills Core™ DeNae GE *NO CLASS 10/20 | 8:15—9:00 am RPM™ Amy Z. CS | 8:00—9:00 am Enhanced Fitness Rachel HEC | 8:45—9:45 am RPM™ Amy Z. CS *NO CLASS 10/30 | 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 am—9:30 am BodyPUMP™ Rachael W. GE *ONLY ON 10/20 | 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 *NO CLASS 10/30 | 5:30 — 6:15 am (EST) RPM™ Tues. Amy S. HH YMCA |
| 4:45 pm—5:45 pm Upbeat Barre® Sheree GE | 4:45 pm—5:15 pm Tabata Jill GE | 8:30-9:30 am Moring Energizers Aleesha/Jenny Gym | 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 *NO CLASS 10/30 | 5:30 —6:15 am (EST) RPM™ Thurs. DeNae/Amy S. HH YMCA |
| 5:15—6:00 pm RPM™ Amy S. CS | 5:15—6:00 pm RPM™ Rachael W. CS | 5:15—6:00 pm High Fitness® Sheree GE | 5:15—6:00 pm RPM™ Rachael W. CS | 9:15—10:00 am BodyPUMP™ Lauren GE | 10/30 MONSTER DASH 5K! RACE STARTS @ 10 am! | 5:15 —6:15 am (EST) BodyPUMP™ Fri. DeNae/Rachael W. HH YMCA |
| 6:00—7:05 pm BodyPUMP™ Jennifer/Erica GE | 5:15—6:00 pm Kickboxing Kenzie BR | 6:10—7:15 pm BodyPUMP™ Erica/ Jennifer GE | 6:10—6:40 pm Les Mills Core™ Lauren GE * NO CLASS 10/21 | | | |
| | Les Mills Core™ Lauren/DeNae GE 6:10—6:55 pm | | | | SUNDAY | |
| | | | | | 4:00 pm—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 | | | |