




GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA - Sept. 3—Sept. 29

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	9:20-10:15 am BodyFLOW™ Steph GE	8:00-9:00 am Enhanced Fitness Rachel HEC	9:35-10:40 am BodyFLOW™ Melissa GE	4:15-5:15 pm EST WACKY WEDNESDAY Wed. DeNae—H.H.YMCA
8:30-9:30 am Morning Energizers Abe/Kristen GYM	5:15-6:00 pm RPM™ Rachael W. CY	8:30-9:30 am BodyPUMP™ Lauren GE	4:45-5:45 pm Power Vinyasa Yoga Anne CY	8:15-9:00 am RPM™ Amy Z. CY	CLASSES AT VUJC IN JASPER:	
4:45-5:45 pm Power Vinyasa Yoga Anne CY	5:15-6:00 pm Kickboxing Kenzie GE	5:00-6:00 pm Yin Yoga Samantha CY	4:45-5:50 pm BodyPUMP™ Jennifer GE	9:15-10:00 am BodyPUMP™ Rachael W. GE	11:30 am-12:00 pm CXWORX™ Mon. Stephanie—VUJC	6:00-7:05 pm EST BodyPUMP™ Thurs. Lauren—H.H.YMCA
4:45-5:15 pm Tabata Jill GE	6:10-6:40 pm CX WORX™ Lauren GE	5:10-5:55 pm BodyATTACK™ Steph GE	5:50-6:35 pm RPM™ Rachael W. CY	8:30-9:30 am Morning Energizers Steph GYM	5:00-5:50 pm EST BodyATTACK™ Thurs. Melissa—VUJC	5:15-6:20 am EST BODYPUMP™ Fri. DeNae—H.H.YMCA
6:00-7:05 pm BodyPUMP™ Jennifer GE	6:30-7:20 pm Pound™ Brandi CY	6:15-7:15 BodyFLOW™ Steph CY			11:30 am-12:30 pm BodyFLOW™ Fri. Stephanie—VUJC	
	***THE FACILITY WILL BE CLOSED MONDAY, SEPT. 3RD FOR LABOR DAY!	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.		

SEPTEMBER 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.

*Come try out newest format here at the YMCA! BODYFLOW!! BodyFLOW™ uses a combination of Tai-Chi, balance work, Pilates, stretching, and core work and ends with a short meditation.

*FREE FITNESS FRIDAY is back! Our first one will be our newest class, BodyFLOW, Friday, September 21st at 5:30 pm!

*Our new YMCA satellite location in Santa Claus is located at Heritage Hills Middle School. Go to the white gym entrance, door 32 located across from the swimming pool. Go up the stairs and the YMCA entrance is at the top of the stairs. Check out our group exercise schedule for days and times of classes! This is free for members and \$5 for participants!

*Wednesdays at the Heritage Hills YMCA, DeNae will teach a combo of classes that will be a surprise each Wednesday for participants, and we will call this WACKY WEDNESDAY!

*Join us Monday, September 17th for our RPM/CX WORX launch party! We will have two sessions so call or come by to sign up for your spot! One session will be from 5 to 6 pm, and the next from 6 to 7 pm EST.