




**GROUP EXERCISE SCHEDULE**

**TRI-COUNTY YMCA— August 30—September 25th**

**LEGEND** **GE** Group Exercise Room (Old WC)  
**CS** Cycling Studio (Orange Group Room)  
**BR** Boxing Room  
**GYM** YMCA gym  
**HEC** Huntingburg Event Center  
**HH YMCA** Heritage Hills

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	HERITAGE HILLS
8:00—9:00 am <b>Enhanced Fitness</b> Rachel HEC	5:00-6:05 am <b>BodyPUMP™/Les Mills Core™</b> Rachel CS	8:00—9:00 am <b>Enhanced Fitness</b> Rachel HEC	5:15—6:00 am <b>RPM™</b> Rachel CS	5:00—6:15 am <b>BodyPUMP™/Les Mills Core™</b> Rachel GE	7:40 —8:45 am <b>BodyPUMP™</b> Jennifer GE	4:30 pm—5:30 pm (EST) <b>BodyFLOW™</b> <b>Mon.</b> DeNae HH YMCA <b>* NO CLASS 9/6</b>
8:30—9:30 am <b>BodyPUMP™</b> Lauren GE	8:15—9:00 am <b>RPM™</b> Amy Z. CS	8:30—9:30 am <b>BodyPUMP™/Les Mills Core™</b> DeNae GE	8:15—9:00 am <b>RPM™</b> Amy Z. CS	8:00—9:00 am <b>Enhanced Fitness</b> Rachel HEC	8:45—9:45 am <b>RPM™</b> Amy Z. CS	5:45 —6:45 pm (EST) <b>BodyPUMP™</b> <b>Mon.</b> DeNae HH YMCA <b>*NO CLASS 9/6</b>
8:30-9:30 am <b>Moring Energizers</b> Jenny/ Sheree/Terri Gym	9:10—10:10 am <b>BodyFLOW™</b> Erica GE	8:30-9:30 am <b>Moring Energizers</b> Aleesha/Sheree Gym	9:15—10:15 am <b>Upbeat Barre®</b> Sheree GE	8:15—9:00 am <b>RPM™</b> Amy Z. CS	9:00—9:45 am <b>High Fitness®</b> Sheree GE <b>*1st and 3rd Sat.—High *2nd &amp; 4th Sat.—High/Low</b>	5:30 — 6:15 am (EST) <b>RPM™</b> <b>Tues.</b> Amy S. HH YMCA
4:45 pm—5:45 pm <b>Upbeat Barre®</b> Sheree GE	5:15—6:00 pm <b>RPM™</b> Rachael W. CS	5:15—6:00 pm <b>High Fitness®</b> Sheree GE	4:45—5:45 pm <b>BodyFLOW™</b> Erica GE	8:30-9:30 am <b>Moring Energizers</b> Jenny/Sheree/Terri Gym	9:55—10:55 am <b>BodyFLOW™</b> Amy Z. GE <b>*NO CLASS 9/18</b>	5:30 —6:15 am (EST) <b>RPM™</b> <b>Thurs.</b> DeNae/Amy S. HH YMCA
5:15—6:00 pm <b>RPM™</b> Amy S. CS	5:15—6:00 pm <b>Kickboxing</b> Kenzie BR <b>* NO CLASS 9/7</b>	6:10—7:15 pm <b>BodyPUMP™</b> Erica/ Jennifer GE	5:15—6:00 pm <b>RPM™</b> Rachael W. CS	9:15—10:00 am <b>BodyPUMP™</b> Lauren/Erica GE		5:15 —6:15 am (EST) <b>BodyPUMP™</b> <b>Fri.</b> DeNae/Lauren HH YMCA
					<b>SUNDAY</b>	
					4:00 pm—5:00 pm <b>Beginner Yoga Flow</b> Andrea GE <b>*NO CLASS 9/19</b>	
<b>* NO CLASSES 9/6 in observance of LABOR DAY!</b>						
					***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