



GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA - Sept. 2 — Sept. 28

LEGEND

GE Group Exercise Room


CY Cycling Room

HEC Huntingburg Event Center

H.H. YMCA Heritage Hills

GYM YMCA gym

VUJC Ruxer Gym

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	4:45—5:30 pm EST RPM™ Mon.—Sept. 9 & 23 ONLY 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—6:00 am CX WORX™ Rachel GE	8:45—9:45 am BodyATTACK™ Melissa GE	5:30—6:15 am EST RPM™ Tues. DeNae—H.H.YMCA
8:30—9:30 am BodyPUMP™ Lauren GE	8:15—9:00 am RPM™ Amy CY	8:30—9:30 am Morning Energizers Kristen/Jenny GYM	9:10—10:10 am BodyFLOW™ Amy GE	8:00—9:00 am Enhanced Fitness Rachel HEC	9:55—10:55 am BodyFLOW™ Melissa GE	4:30—5:35 pm EST BODYPUMP™ Wed. Lauren—H.H.YMCA
8:30—9:30 am Morning Energizers Kristen/Jenny GYM	9:10—10:10 am BodyFLOW™ Erica GE	8:30—9:30 am BodyPUMP™/CX WORX™ DeNae GE	4:45—5:45 pm BodyFLOW™ Erica GE	8:15—9:00 am RPM™ Amy Z. CY		5:30—6:15 am EST RPM™ Thurs. DeNae—H.H.YMCA
5:15—5:45 pm Tabata Jill/Melissa GE	5:15—6:00 pm RPM™ Rachael W. CY	5:15—6:00 pm BodyATTACK™ Melissa GE	5:15—6:00 pm RPM™ Rachael W. CY	8:30—9:30 am Morning Energizers Tony/Jenny GYM		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	BodyATTACK™ LAUNCH Wed., Sept. 18 5:15—6:00 PM EST Event is Free	6:10—6:40 pm CX WORX™ NO CLASS on 9/5 Lauren GE	9:15—10:00 am BodyPUMP™ Rachael W. GE		
		6:10—7:15 pm BodyPUMP™ Jennifer GE			VUJC CLASS SCHEDULE:	
*NO CLASS MONDAY, SEPT. 2nd OUR FACILITY WILL BE CLOSED.		6:10—7:05 pm BodyFLOW™ Melissa/Amy CY			5:15—6:00 pm Tabata Thurs. Melissa—VUJC Ruxer Gym	
				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.	