




GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA - August 31st— September 26th

LEGEND GE Group Exercise Room
 CY Cycling 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 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	8:00—9:05 am BodyPUMP™ Jennifer GE	5:30 pm—6:30 pm (EST) BodyPUMP™ Mon. DeNae/Lauren HH YMCA *NO CLASS 9/7 (Labor Day)
8:30—9:30 am BodyPUMP™ Lauren GE	8:15—9:00 am RPM™ Amy Z. CY	8:30—9:30 am BodyPUMP™/CX WORX™ DeNae GE	8:15—9:00 am RPM™ Amy Z. CY	8:00—9:00 am Enhanced Fitness Rachel HEC	9:00—9:45 am RPM™ Amy Z. CY	5:30 am— 6:15 am (EST) RPM™ Tues. Amy S./DeNae HH YMCA
8:30—9:30 am Moring Energizers Conner Gym	9:10—10:10 am BodyFLOW™ Erica GE *NO CLASS 9/1	8:30—9:30 am Moring Energizers Jenny/Kristen/Erica Gym	4:45—5:45 pm BodyFLOW™ Erica GE	8:15—9:00 am RPM™ Amy Z./ Rachael W. CY	9:55—10:55 am BodyFLOW™ Erica/ Amy Z. GE	5:30 am—6:15 am (EST) RPM™ Thurs. DeNae HH YMCA *NO CLASS 9/24
4:40 pm—5:10 pm Tabata Jill/Michelle GE	5:15—6:00 pm Spin & Tone Pam CY *NO CLASS 9/22	5:30— 6:30 pm STRONG by Zumba® Michelle CY	5:15—6:00 pm RPM™ Amy S. CY	8:30—9:30 am Moring Energizers Jenny/Kristen Gym		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 RPM™ Amy S. CY *ONLY ON 9/22	6:10—7:15 pm BodyPUMP™ Jennifer GE	6:10—6:40 pm CX WORX™ Lauren GE	9:15—10:00 am BodyPUMP™ Erica/Lauren GE		
6:00—7:05 pm BodyPUMP™ Jennifer GE	5:15—6:00 pm Kickboxing Kenzie GE *NO CLASS 9/15					
*NO CLASS 9/7 due to Labor Day holiday!	6:10—6:40 pm CX WORX™ Lauren 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

***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.**