




GROUP EXERCISE SCHEDULE

Tri-County YMCA May 1st – June 4th

LEGEND **GE** Group Exercise Room (Old WC)
HEC Huntingburg Event Center
CS Cycling Studio (Orange Group Room)
SC United Methodist Santa Claus United Methodist Church

GYM YMCA gym
BR Boxing Room
HH YMCA Heritage Hills HS

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>HERITAGE HILLS</u>
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	8:15—9:00 am RPM™ Amy Z. CS	8:30—9:30 am BodyPUMP™/Les Mills Core™ DeNae GE Jennifer June 1st = ONLY bodypump	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	5:45 —6:45 pm (EST) BodyPUMP™ Mon. DeNae HH YMCA
8:30-9:30 am Moring Energizers Jenny/Sheree/Aleesha Gym	9:10—10:10 am BodyFLOW™ Erica/Amy Z. GE	8:30-9:30 am Moring Energizers Aleesha Gym	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	5:30 — 6:15 am (EST) RPM™ Tues. DeNae HH YMCA
9:30—10:30 am (EST) Moring Energizers Cindy/Catherine SC- United Methodist *Class starts 5/16	5:15—6:00 pm RPM™ Rachael W./Amy Z CS	9:30—10:30 am (EST) Moring Energizers Cindy/Catherine SC- United Methodist	4:45—5:45 pm BodyFLOW™ Erica GE	8:30-9:30 am Moring Energizers Sheree/Terri Gym	9:55—10:55 am BodyFLOW™ Amy Z. GE	5:30 —6:15 am (EST) RPM™ Thurs. DeNae/Amy S. HH YMCA
4:45 pm—5:45 pm Upbeat Barre® Sheree GE	5:15—6:00 pm Kickboxing Kenzie BR	5:15—6:00 pm High Fitness® Sheree GE **NO class May 4th	5:15—6:00 pm RPM™ Rachael W. CS	9:15—10:00 am BodyPUMP™ Lauren/Erica GE		5:15 —6:15 am (EST) BodyPUMP™ Fri. DeNae/Lauren/Amy S. HH YMCA
5:15—6:00 pm RPM™ Rachael W./Amy Z CS	6:10—6:55 pm Les Mills Core™ Lauren/DeNae BR	6:10—7:15 pm BodyPUMP™ Erica/Jennifer GE	6:10—6:40 pm Les Mills Core™ Lauren BR			
6:00—7:05 pm BodyPUMP™ Jennifer/Erica 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		4:00—5:00 pm Beginner Yoga Flow Andrea GE
<u>YMCA Classes canceled on Memorial Day—May 30th</u>						