



**GROUP EXERCISE SCHEDULE**

**Tri-County YMCA September 4th—October 1st**

**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  
**SSB** Sisters of St. Benedict Pool

<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 <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—6:05 am <b>BodyPUMP™/Les Mills Core™</b> Rachel GE	7:40 —8:45 am <b>BodyPUMP™</b> Jennifer/Rachael W. GE	4:30—5:30 pm (EST) <b>BodyBalance™</b> Mon. Denae HH YMCA
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	9:15—10:15 am <b>Upbeat Barre®</b> Sheree GE	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> Mon. Amy S./DeNae HH YMCA
8:30-9:30 am <b>Morning Energizers</b> Aleesha Gym	9:10—10:10 am <b>BodyBalance™</b> Erica GE	8:30-9:30 am <b>Morning Energizers</b> Aleesha Gym	4:45—5:45 pm <b>BodyBalance™</b> Erica 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</b> <b>*2nd &amp; 4th Sat.—High/Low</b>	5:30 — 6:15 am (EST) <b>RPM™</b> Tues. Amy S. HH YMCA
9:30—10:30 am (EST) <b>Morning Energizers</b> Cindy/Catherine SC United Methodist	5:15—6:00 pm <b>RPM™</b> Rachael W. CS	9:30—10:30 am (EST) <b>Morning Energizers</b> Cindy/Catherine SC- United Methodist	5:15—6:00 pm <b>RPM™</b> Rachael W. CS	8:30-9:30 am <b>Morning Energizers</b> Jenny/Sheree/Terri Gym		5:30 —6:15 am (EST) <b>RPM™</b> Thurs. DeNae HH YMCA
4:45 pm—5:45 pm <b>Upbeat Barre®</b> Sheree GE	5:15—6:00 pm <b>Kickboxing</b> Kenzie BR	5:15—6:00 pm <b>High Fitness®</b> Sheree GE		9:15—10:00 am <b>BodyPUMP™</b> Lauren GE		5:15 —6:15 am (EST) <b>BodyPUMP™</b> Fri. DeNae HH YMCA
5:15—6:00 pm <b>RPM™</b> Rachael W. CS		6:10—7:15 pm <b>BodyPUMP™</b> Erica/Jennifer GE				
6:00—7:05 pm <b>BodyPUMP™</b> Jennifer/Erica GE						
	<b>HAPPY LABOR DAY!!!!</b> <b>NO CLASSES September 5th</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		<b>SUNDAY</b> 4:00—5:00 pm <b>Beginner Yoga Flow</b> Andrea GE <b>**No class 9/11 or 9/25</b>