



**GROUP EXERCISE SCHEDULE**

**Tri-County YMCA October 2nd-October 29th**

**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 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 <b>**NO class 10/22 or 10/29</b>	5:45—6:45 pm (EST) <b>BodyPUMP™</b> Mon. Amy S. 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> <b>** NO class 10/29</b>	5:30 —6:15 am (EST) <b>RPM™</b> Tues. DeNae 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./Amy Z. 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. Amy S. HH YMCA
4:45 pm—5:45 pm <b>Upbeat Barre®</b> Sheree GE	5:15—6:00 pm <b>Kickboxing</b> Kenzie BR <b>** NO Class 10/4</b>	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 <b>** NO class 10/7</b>
5:15—6:00 pm <b>RPM™</b> Rachael W./Amy Z CS	6:10—6:55 pm <b>Yoga</b> Chelsea GE	6:10—7:15 pm <b>BodyPUMP™</b> Erica/Jennifer GE			<b>Monster Dash</b> <b>10/29</b>	
6:00—7:05 pm <b>BodyPUMP™</b> Jennifer/Erica GE						<b>SUNDAY</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		4:00—5:00 pm <b>Beginner Yoga Flow</b> Andrea GE <b>**NO class 10/16 or 10/23</b>