



GROUP EXERCISE SCHEDULE

Tri-County YMCA January 2nd—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

<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—6:05 am BodyPUMP™/Les Mills Core™ Rachel GE	7:40 —8:45 am BodyPUMP™ Jennifer GE	4:30—5:30 pm (EST) BodyBalance™ Mon. Denae HH YMCA *Only on 1/23, 1/30
8:30—9:30 am BodyPUMP™ Lauren GE	8:15—9:00 am RPM™ Amy Z. CS *NO CLASS 1/17	8:30—9:30 am BodyPUMP™/Les Mills Core™ DeNae/Erica GE *NO CLASS 1/4	8:15—9:00 am RPM™ Amy Z./DeNae 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. Amy S. HH YMCA
8:30-9:30 am Morning Energizers Aleesha/Jenny/Bev Gym	9:10—10:10 am BodyBalance™ Erica GE	8:30—9:15 am RPM™ Amy Z. CS *ONLY ON 1/4	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/Amy S. HH YMCA
9:30—10:30 am (EST) Morning Energizers Cindy/Catherine SC United Methodist	5:15—6:00 pm RPM™ Rachael W. CS	8:30-9:30 am Morning Energizers Aleesha/April Gym	4:45—5:45 pm BodyBalance™ Erica GE	8:30-9:30 am Morning Energizers Sheree/Terri Gym	*MINI MANIA 1/21* 8:00—1:00 (EST) CLASS TIMES WILL VARY. PLEASE SEE MINI MANIA SCHEDULE FOR DETAILS.	5:30 —6:15 am (EST) RPM™ Thurs. Amy S. HH YMCA
4:45 pm—5:45 pm Upbeat Barre® Sheree GE	5:15—6:00 pm Kickboxing Kenzie BR	9:30—10:30 am (EST) Morning Energizers Cindy/Catherine SC— United Methodist	5:15—6:00 pm RPM™ Rachael W. CS	9:30—10:30 am (EST) Morning Energizers Bev SC United Methodist		5:15 —6:15 am (EST) BodyPUMP™ Fri. DeNae/Amy S. HH YMCA
5:15—6:00 pm RPM™ Rachael W. CS	6:10— 6:55 pm Yoga Flow Chelsea GE *NO CLASS 1/10	5:15—6:00 pm High Fitness® Sheree GE		9:15—10:00 am BodyPUMP™ Lauren GE		
6:00—7:05 pm BodyPUMP™ Jennifer/Erica GE		6:10—7:15 pm BodyPUMP™ Erica/Jennifer GE				4:00—5:00 pm Beginner Yoga Flow Andrea 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		