




GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA

April 1st—May 5th

LEGEND **GE** Group Exercise Room (Old WC)
HEC Huntingburg Event Center
CS Cycling Studio (Orange Group Room)
SCC—Santa Claus Campground

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 Morning Energizers Rachel HEC | 5:00-6:05 am BodyPUMP™/Les Mills Core™ Rachel/Rachael W. CS | 8:00—9:00 am Morning Energizers Rachel HEC | 5:15—6:00 am RPM™ Rachel CS | 5:00—6:05 am BodyPUMP™/Les Mills Core™ Rachel/Rachael W. GE | 7:40 —8:45 am BodyPUMP™ Jennifer GE | 4:30—5:30 pm (EST) Total Body Stretch Mon. DeNae HH YMCA |
| 8:30—9:30 am BodyPUMP™ Kayla GE | 8:05—8:50 am RPM™ Amy Z. CS | 8:30—9:30 am BodyPUMP™/Les Mills Core™ DeNae/Kayla GE | 8:15—9:00 am RPM™ Amy Z. CS | 8:00—9:00 am Morning Energizers Rachel HEC | 8:45—9:45 am RPM™ Amy Z. CS No Class 4/6 | 5:45—6:45 pm (EST) BodyPUMP™ Mon. Lauren HH YMCA |
| 8:30-9:30 am Morning Energizers April Gym | 9:10—10:10 am BodyBalance™ Erica GE | 8:30-9:30 am Morning Energizers Aleesha Gym | 9:15—10:15 am Upbeat Barre® Sheree GE No Class 5/2 | 8:15—9:00 am RPM™ Amy Z. CS | 9:00—9:45 am High Low/Upbeat Barre® Sheree GE | 5:30 — 6:15 am (EST) RPM™ Tues. DeNae HH YMCA |
| 9:30—10:30 am (EST) Morning Energizers Cindy/Catherine SC Campground | 5:15—6:00 pm RPM™ Rachael W. CS | 9:30—10:30 am (EST) Morning Energizers Cindy/Catherine SC Campground | 4:45—5:45 pm BodyBalance™ Erica GE | 8:30-9:30 am Morning Energizers Sheree Gym | | 5:30 —6:15 am (EST) RPM™ Thurs. DeNae HH YMCA |
| 4:45 pm—5:45 pm Upbeat Barre® Sheree GE No Class 4/22 & 4/29 | 5:15—6:00 pm Kickboxing Kenzie GE | 5:15—6:00 pm High Fitness® Sheree GE No Class 4/24 & 5/1 | 5:15—6:00 pm RPM™ Rachael W. CS | 9:30—10:30 am (EST) Morning Energizers Bev SC Campground | | 5:15 —6:15 am (EST) BodyPUMP™ Fri. DeNae HH YMCA |
| 5:15—6:00 pm RPM™ Rachael W./Amy Z. CS | 6:10—6:40 pm Les Mills Core™ Lauren | 6:10—7:15 pm BodyPUMP™ Jennifer/Erica GE | | 9:15—10:00 am BodyPUMP™ Lauren GE | | No Classes 4/1,4/2,4/4 & 4/8 4/29-5/2 @ HH |
| 6:00—7:05 pm BodyPUMP™ Jennifer/Erica GE | | | |  | Like us on Facebook for updates on Group Exercise Classes, Programs, Special Events & More | |
| | | | | | ***All of our group exercise classes, no matter the impact level can be modified for all levels of fitness. | |