




GROUP EXERCISE SCHEDULE

Tri-County YMCA February 27—March 26th

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 *NO CLASS 3/13
8:30—9:30 am BodyPUMP™ Kayla/DeNae GE	8:15—9:00 am RPM™ Amy Z./Rachael W. CS	8:30—9:30 am BodyPUMP™/Les Mills Core™ DeNae/Erica GE	8:15—9:00 am RPM™ Amy Z CS *NO CLASS 3/2	8:00—9:00 am Enhanced Fitness Rachel HEC	8:45—9:45 am RPM™ Amy Z./Amy S./Rachael W. CS	5:45—6:45 pm (EST) BodyPUMP™ Mon. Amy S. HH YMCA
8:30-9:30 am Morning Energizers Jenny/Sheree/Bev Gym	9:10—10:10 am BodyBalance™ Erica GE	8:30-9:30 am Morning Energizers Bev/April Gym	9:15—10:15 am Upbeat Barre® Sheree GE	8:15—9:00 am RPM™ Amy Z./Rachael W. CS	9:00—9:45 am High Fitness® Sheree GE *1st and 3rd Sat.—High *2nd & 4th Sat.—High/Low *NO CLASS 3/25	5:30 — 6:15 am (EST) RPM™ Tues. DeNae/Amy S. HH YMCA
9:30—10:30 am (EST) Morning Energizers Cindy/Catherine/Bev SC United Methodist	5:15—6:00 pm RPM™ Rachael W./ Amy Z. CS	9:30—10:30 am (EST) Morning Energizers Cindy/Catherine/Bev SC— United Methodist	4:45—5:45 pm BodyBalance™ Erica GE	8:30-9:30 am Morning Energizers Sheree/Jenny Gym		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	5:15—6:00 pm High Fitness® Sheree GE	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./Amy Z. CS	6:10— 6:55 pm Yoga Flow Chelsea GE	6:10—7:15 pm BodyPUMP™ Jennifer/Erica GE		9:15—10:00 am BodyPUMP™ Erica GE		<u>SUNDAY</u>
6:00—7:05 pm BodyPUMP™ Jennifer/Erica GE						4:00—5:00 pm Beginner Yoga Flow Andrea GE *NO CLASS 3/5, 3/26
			***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		