




**GROUP EXERCISE SCHEDULE**

**TRI-COUNTY YMCA**

**May**

**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 <b>Morning Energizers</b> Rachel HEC	5:00-6:05 am <b>BodyPUMP™/Les Mills Core™</b> Rachel/Rachael W. CS	8:00—9:00 am <b>Morning Energizers</b> Rachel HEC	5:15—6:00 am <b>RPM™</b> Rachel CS <b>No Class 5/30</b>	5:00—6:05 am <b>BodyPUMP™/Les Mills Core™</b> Rachel/Rachael W. GE	7:40 —8:45 am <b>BodyPUMP™</b> Jennifer GE	4:30—5:30 pm (EST) <b>Total Body Stretch</b> Mon. DeNae HH YMCA <b>No class 5/20</b>
8:30—9:30 am <b>BodyPUMP™</b> Kayla GE	8:15—9:00 am <b>RPM™</b> Amy Z. CS	8:30—9:30 am <b>BodyPUMP™/Les Mills Core™</b> DeNae/Kayla GE	8:15—9:00 am <b>RPM™</b> Amy Z. CS	8:00—9:00 am <b>Morning Energizers</b> Rachel HEC	8:45—9:45 am <b>RPM™</b> Amy Z. CS <b>No Class 5/4</b>	5:45—6:45 pm (EST) <b>BodyPUMP™</b> Mon. Lauren HH YMCA
8:30-9:30 am <b>Morning Energizers</b> April Gym	9:10—10:10 am <b>BodyBalance™</b> Erica GE	8:30-9:30 am <b>Morning Energizers</b> Aleesha Gym	9:15—10:15 am <b>Upbeat Barre®</b> Sheree GE <b>No Class 5/2, 5/9</b>	8:15—9:00 am <b>RPM™</b> Amy Z. CS <b>No Class 5/3</b>	9:00—9:45 am <b>High Low/Upbeat Barre®</b> Sheree GE	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 Campground	5:15—6:00 pm <b>RPM™</b> Rachael W. CS	9:30—10:30 am (EST) <b>Morning Energizers</b> Cindy/Catherine SC Campground	4:45—5:45 pm <b>BodyBalance™</b> Erica GE <b>No Class 5/9</b>	8:30-9:30 am <b>Morning Energizers</b> Sheree Gym		5:30 —6:15 am (EST) <b>RPM™</b> Thurs. DeNae HH YMCA <b>No Class 5/2, 5/16</b>
4:45 pm—5:45 pm <b>Upbeat Barre®</b> Sheree GE	5:15—6:00 pm <b>Kickboxing</b> Kenzie GE	5:15—6:00 pm <b>High Fitness®</b> Sheree GE <b>No Class 5/1</b>	5:15—6:00 pm <b>RPM™</b> Rachael W. CS	9:30—10:30 am (EST) <b>Morning Energizers</b> Bev SC Campground		5:15 —6:15 am (EST) <b>BodyPUMP™</b> Fri. DeNae HH YMCA <b>No Class 5/17</b>
5:15—6:00 pm <b>RPM™</b> Rachael W./Amy Z. CS	6:00—6:30 pm <b>Les Mills Core™</b> Lauren	6:10—7:15 pm <b>BodyPUMP™</b> Jennifer/Erica GE		9:15—10:15 am <b>BodyPUMP™</b> Lauren GE		<b>No Classes @ HH 5/27</b>
6:00—7:05 pm <b>BodyPUMP™</b> Jennifer/Erica GE					Like us on Facebook for updates on Group Exercise Classes, Programs, Special Events & More	
<b>No Classes 5/27</b>					***All of our group exercise classes, no matter the impact level can be modified for all levels of fitness.	