




GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA

June

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 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 GE	7:40 —8:45 am BodyPUMP™ Jennifer GE	9am-10am (EST) Total Body Stretch Mon. DeNae HH YMCA
8:30—9:30 am BodyPUMP™ Lauren GE	8:15—9:00 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 No Class 6/27	8:00—9:00 am Morning Energizers Rachel HEC	8:45—9:45 am RPM™ Amy Z. CS	5:30 — 6:15 am (EST) RPM™ Tues. DeNae 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	10:15—11:15 am Upbeat Barre® Sheree GE No Class 6/6	8:15—9:00 am RPM™ Amy Z. CS No Class 6/28	9:00—9:45 am High Low/Upbeat Barre® Sheree GE	5:30 —6:15 am (EST) RPM™ Thurs. 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/Terri Gym	9:00-10:00am Water Aerobics April Sister's Pool No Class 6/22	5:15 —6:15 am (EST) BodyPUMP™ Fri. DeNae HH YMCA
4:45 pm—5:45 pm Upbeat Barre® Sheree GE	5:15—6:00 pm Kickboxing Kenzie GE	5:15—6:00 pm High Fitness® Sheree GE No Class 6/5	5:15—6:00 pm RPM™ Rachael W. CS	9:30—10:30 am (EST) Morning Energizers Bev SC Campground	Sunday 12:15pm-1:00pm Just Flow With It Kirsten	No Classes 6/24-7/7 @ HH
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—10:15 am BodyPUMP™ Lauren GE		
6:00—7:05 pm BodyPUMP™ Jennifer/Erica GE					Like us on Facebook for updates on Group Exercise Classes, Programs, Special Events & More	
6:00pm-7:00pm Water Aerobics April Sister's Pool		6:00pm-7:00pm Water Aerobics April Sister's Pool			***All of our group exercise classes, no matter the impact level can be modified for all levels of fitness.	