




**GROUP EXERCISE SCHEDULE**

**TRI-COUNTY YMCA**

**July 7th-13th**

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