




Sept-Oct 5th

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

GYM YMCA gym
BR Boxing Room
HH YMCA Heritage Hills HS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	HERITAGE HILLS
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	4:30pm-5:30pm (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	8:05—8:50 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 9/7	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	9:15—10:15 am Upbeat Barre® Sheree GE	8:05—8:50 am RPM™ Amy Z. CS	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 Community Center	5:15—6:00 pm RPM™ Rachael W./Amy Z./Erica CS	9:30—10:30 am (EST) Morning Energizers Cindy/Catherine SC Community Center	**5:30-6:00pm** Tabata Lindsey GE	8:30-9:30 am Morning Energizers Sheree/Terri Gym		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	5:15—6:00 pm RPM™ Rachael W. CS	9:30—10:30 am (EST) Morning Energizers Bev SC Community Center	Sunday 12:15pm-1:00pm Just Flow With It Kirsten GE	No Classes 9/2, 9/3, 9/5, 9/6
6:00—7:05 pm BodyPUMP™ Jennifer/Erica GE	**5:30-6:00pm** Tabata Lindsey GE	6:10—7:15 pm BodyPUMP™ Jennifer/Erica GE		9:15—10:15 am BodyPUMP™ Lauren GE		
No Classes 9/2	6:00—6:30 pm Les Mills Core™ Lauren No Class 9/3					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.