




GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA

Nov. 2nd-Dec 1st

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

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 No Class 11/29	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™ Lauren 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	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 No Class 11/21	8:05—8:50 am RPM™ Amy Z. CS	9:00-9:45 am Low/Tone/Upbeat Barre® Sheree GE No Class 11/30	5:15 —6:15 am (EST) BodyPUMP™ Fri. DeNae HH YMCA
9:30—10:30 am (EST) Morning Energizers Cindy/Catherine SC Campgrounds	5:15—6:00 pm RPM™ Rachael W. CS	9:30—10:30 am (EST) Morning Energizers Cindy/Catherine SC Campgrounds	**5:30-6:00pm** Tabata Lindsey GE	8:30-9:30 am Morning Energizers Sheree/Terri Gym	No Classes 11/16 & 17th	
4:45 pm—5:45 pm Upbeat Barre® Sheree GE No Class 11/25	5:15—6:00 pm Kickboxing Kenzie GE No Class 11/26	5:15—6:00 pm High Fitness® Sheree GE No Class 11/27	No Classes 11/28		Sunday 3:30-4:30pm Just Flow With It Kirsten GE	
5:15—6:00 pm RPM™ Rachael W. CS	**5:30-6:00pm** Tabata Lindsey GE	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	6:10—6:40 pm Les Mills Core™ Lauren GE No Class 11/5				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.	