



**GROUP EXERCISE SCHEDULE**

**TRI-COUNTY YMCA**

**Jan 5th-Feb 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 <b>Morning Energizers</b> Rachel HEC	5:00-6:05 am <b>BodyPUMP™/Les Mills Core™</b> Rachel GE	8:00—9:00 am <b>Morning Energizers</b> Rachel HEC	5:15—6:00 am <b>RPM™</b> Rachel CS	5:00—6:05 am <b>BodyPUMP™/Les Mills Core™</b> Rachel GE	7:40 —8:45 am <b>BodyPUMP™</b> Jennifer GE	4:30pm-5:30pm (EST) <b>Total Body Stretch</b> Mon. DeNae HH YMCA
8:30—9:30 am <b>BodyPUMP™</b> Lauren GE	8:05—8:50 am <b>RPM™</b> Amy Z. CS	8:30—9:30 am <b>BodyPUMP™/Les Mills Core™</b> DeNae/Kayla GE	8:05—8:50 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	5:30 — 6:15 am (EST) <b>RPM™</b> Tues. DeNae 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 1/30</b>	8:05—8:50 am <b>RPM™</b> Amy Z. CS	9:00-9:45 am <b>Low/Tone/Upbeat Barre®</b> Sheree GE	4:45 pm—5:45 pm (EST) <b>Upbeat Barre®</b> Thursday Kristy HH YMCA
9:30—10:30 am (EST) <b>Morning Energizers</b> Cindy/Catherine SC Campgrounds	5:15—6:00 pm <b>RPM™</b> Rachael W. CS	9:30—10:30 am (EST) <b>Morning Energizers</b> Cindy/Catherine SC Campgrounds	**5:30-6:00pm** <b>Tabata</b> Lindsey GE	8:30-9:30 am <b>Morning Energizers</b> Sheree/Terri Gym	<b>Saturday Jan 11th Mini Mania! See flier for times</b>	5:15 —6:15 am (EST) <b>BodyPUMP™</b> Fri. DeNae HH YMCA
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	6:15pm-7:00pm <b>Just Flow With It</b> Kirsten GE <b>No Class 1/30</b>	9:30—10:30 am (EST) <b>Morning Energizers</b> Bev SC Campgrounds		
5:15—6:00 pm <b>RPM™</b> Rachael W. CS	**5:30-6:00pm** <b>Tabata</b> Lindsey GE	6:10—7:15 pm <b>BodyPUMP™</b> Jennifer/Erica GE		9:15—10:15 am <b>BodyPUMP™</b> Lauren GE		
6:00—7:05 pm <b>BodyPUMP™</b> Jennifer/Erica GE	6:10—6:40 pm <b>Les Mills Core™</b> Lauren GE <b>No Class 1/28</b>				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.	