



GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA

March 1st-31st

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	HERITAGE HILLS
8:00—9:00 am Morning Energizers Rachel HEC No Class 3/24	5:00-6:05 am BodyPUMP™/Les Mills Core™ Rachel GE No Class 3/25	8:00—9:00 am Morning Energizers Rachel HEC No Class 3/26	5:15—6:00 am RPM™ Rachel CS No Class 3/27	5:00—6:05 am BodyPUMP™/Les Mills Core™ Rachel GE No Class 3/28	7:40 —8:45 am BodyPUMP™ Jennifer GE	4:30pm-5:30pm (EST) Total Body Stretch Mon. DeNae HH YMCA No Class 3/3 & 3/17
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 No Class 3/28	8:45—9:45 am RPM™ Amy Z. CS No Class 3/29	5:30 — 6:15 am (EST) RPM™ Tues. DeNae HH YMCA No Class 3/4
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 No Class 3/28	9:00-9:45 am Low/Tone/Upbeat Barre® Sheree GE No Class 3/1	4:45 pm—5:45 pm (EST) Upbeat Barre® Thursday Kristy 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		5:15 —6:15 am (EST) BodyPUMP™ Fri. DeNae HH YMCA No Class 3/21
4:45 pm—5:45 pm Upbeat Barre® Sheree GE	5:15—6:00 pm Kickboxing Kenzie GE No Class 3/25	5:15—6:00 pm High Fitness® Sheree GE UpBeat Barre on 3/5	6:15pm-7:00pm Just Flow With It Kirsten GE No Class 3/20 & 3/27	9:30—10:30 am (EST) Morning Energizers Bev SC Campgrounds		
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				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.	