



GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA

April 1st-30th

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	5:00-6:05 am BodyPUMP™/Les Mills Core™ Rachel GE	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 No Class 4/7
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 No Class 4/8
8:30-9:30 am Morning Energizers April Gym	9:10—10:10 am BodyBalance™ Erica GE No Class 4/8	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 Low/Tone/Upbeat Barre® Sheree GE Tabata— 5/3	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	10:20am-11:00am Functional Bootcamp Toni GE	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
4:45 pm—5:45 pm Upbeat Barre® Sheree GE	5:15—6:00 pm RPM™ Rachael W. CS	5:15—6:00 pm High Fitness® Sheree GE UpBeat Barre 4/23 & 4/30	6:15pm-7:00pm Just Flow With It Kirsten GE No Class 4/3 & 4/10	9:30—10:30 am (EST) Morning Energizers Bev SC Campgrounds		
5:15—6:00 pm RPM™ Rachael W. CS	5:15—6:00 pm Kickboxing Kenzie 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	**5:30-6:00pm** Tabata Lindsey GE				Like us on Facebook for updates on Group Exercise Classes, Programs, Special Events & More	
	6:10—6:40 pm Les Mills Core™ Lauren GE				***All of our group exercise classes, no matter the impact level can be modified for all levels of fitness.	