



GROUP EXERCISE SCHEDULE

May 27th– Aug 10th

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
PG Program Gym

<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 GE	8:00—9:00 am Morning Energizers Rachel HEC	5:15—6:00 am RPM™ Rachel GE	5:00—6:05 am BodyPUMP™/Les Mills Core™ Rachel GE	7:40 —8:45 am BodyPUMP™ Jennifer GE	8:30 am-9:30 am (EST) Total Body Stretch Mon. DeNae HH YMCA
8:30—9:30 am BodyPUMP™ Lauren GE	8:05—9:05 am RPM™ Amy Z. GE	8:30—9:30 am BodyPUMP™/Les Mills Core™ DeNae/Kayla GE	8:05—9:05 am RPM™ Amy Z. GE	8:00—9:00 am Morning Energizers Rachel HEC	9:00am - 10:00 am RPM™ Amy Z. GE No Class 7/25	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 7/17	8:05—8:50 am RPM™ Amy Z. GE	9:00-10:00 am Low/Tone/Upbeat Barre® Sheree PG No Class 7/19	8:30am-9:30am (EST) Upbeat Barre® Thursday Kristy HH YMCA
9:30—10:30 am (EST) Morning Energizers Cindy/Catherine Santa Claus Community Center	10:20am-11:00am Functional Bootcamp Toni GE	9:30—10:30 am (EST) Morning Energizers Cindy/Catherine Santa Claus Community Center	10:30am-11:30am Chair Yoga Connie GE	8:30-9:30 am Morning Energizers Sheree/Terri Gym	11:15am-12:00pm Just Flow With It Kirsten GE	5:15 —6:15 am (EST) BodyPUMP™ Fri. DeNae HH YMCA No Class 7/4
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	**5:30-6:00pm** Tabata Lindsey GE	9:30—10:30 am (EST) Morning Energizers Bev Santa Claus Community Center		HH No Class Mon. Tues. Friday's 6/22-7/6
6:00—7:05 pm BodyPUMP™ Jennifer/Erica GE	5:15—6:00 pm RPM™ Rachael W. GE	6:10—7:15 pm BodyPUMP™ Jennifer/Erica GE		9:15—10:15 am BodyPUMP™ Lauren GE		
6:00 – 7:00 pm Water Aerobics Lauren SOSB Pool No Class 7/21	6:10—6:55 pm Upbeat Pilates® Kristy GE No Class 7/29	6:00 – 7:00 pm Water Aerobics Lauren SOSB Pool starts 6/11		No Classes 7/4 Independence day	Like us on Facebook for updates on Group Exercise Classes, Programs, Special Events & More	No Classes 5/26 Memorial Day
					***All of our group exercise classes, no matter the impact level can be modified for all levels of fitness.	