



GROUP EXERCISE SCHEDULE

Aug 11th– Oct 4th

LEGEND **GE** Group Exercise Room (Old WC)
HEC Huntingburg Event Center
CS Cycling Studio
SC—Santa Claus Campground
MEH Monastery Event Hall (Old Marian Heights Gym) until road is finished

GYM YMCA gym
BR Boxing Room
HH YMCA Heritage Hills HS
SOSB Sisters Pool

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 GE	5:00—6:05 am BodyPUMP™/Les Mills Core™ Rachel GE	7:40 —8:45 am BodyPUMP™ Jennifer GE	4:30-5:30 PM (EST) Total Body Stretch Mon. DeNae HH YMCA No Class 9/1
8:30—9:30 am BodyPUMP™ Lauren GE	9:10—10:10 am BodyBalance™ Erica GE	8:30—9:30 am BodyPUMP™/Les Mills Core™ DeNae/Kayla GE	8:05—8:50 am RPM™ Amy Z. GE	8:00—9:00 am Morning Energizers Rachel HEC	9:00AM-10:00AM RPM™ Amy Z. GE	5:30 — 6:15 am (EST) RPM™ Tues. DeNae HH YMCA
8:30-9:30 am Morning Energizers April MEH	10:20am-11:00am Functional Bootcamp Lindsey GE	8:30-9:30 am Morning Energizers Aleesha MEH	9:15—10:15 am Upbeat Barre® Sheree GE	8:05—8:50 am RPM™ Amy Z. GE	9:00-10:00 am Low/Tone/Upbeat Barre® Sheree PG Oct. 4th Class is at 10am	5:15 —6:15 am (EST) BodyPUMP™ Fri. DeNae HH YMCA
9:30—10:30 am (EST) Morning Energizers Cindy/Catherine SC Campground	5:15—6:00 pm Kickboxing Kenzie BR No Class 10/15	9:30—10:30 am (EST) Morning Energizers Cindy/Catherine SC Campground	10:30am-11:30am Chair Yoga Connie GE	8:30-9:30 am Morning Energizers Sheree/Terri MEH		
4:45 pm—5:45 pm Upbeat Barre® Sheree GE	5:15—6:00 pm RPM™ Rachael W. GE No Class 9/2	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 SC Campground		
6:00—7:05 pm BodyPUMP™ Jennifer/Erica GE	**5:30-6:00pm** Tabata Lindsey CS	6:10—7:15 pm BodyPUMP™ Jennifer/Erica GE		9:15—10:15 am BodyPUMP™ Lauren GE		
No Class 9/1 Labor Day	6:10—6:55 pm Upbeat Pilates® Kristy GE				Like us on Facebook for updates on Group Exercise Classes, Programs, Special Events & More	
6:00-7:00 pm Water Aerobics Lauren SOSB Pool Last Class 8/26		6:00-7:00 pm Water Aerobics Lauren SOSB Pool Last Class 8/27			***All of our group exercise classes, no matter the impact level can be modified for all levels of fitness.	