



GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA

Nov 1st-Jan 4th

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 No Class 12/18	5:00—6:05 am BodyPUMP™/Les Mills Core™ Rachel GE No Class 11/28, 12/5, 19, 26	7:40 —8:45 am BodyPUMP™ Jennifer GE	5:15am-6:15am (EST) BodyPUMP™ Mon. DeNae HH YMCA No Class 11/28 & 12/21-1/4
8:30—9:30 am BodyPUMP™ Lauren GE	8:05—8:50 am RPM™ Amy Z. GE **December Only**	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	9:00-10:00 am RPM™ Amy Z. GE	
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. GE	9:00-9:45 am Low/Tone/Upbeat Barre® Sheree PG No Class 11/22	
9:30—10:30 am (EST) Morning Energizers Cindy/Catherine SC Campgrounds	10:20am-11:00am Functional Bootcamp Lindsey GE No Class 12/9 & 12/23	9:30—10:30 am (EST) Morning Energizers Cindy/Catherine SC Campgrounds	10:30am-11:30am Chair Yoga Connie GE No Class 11/6	8:30-9:30 am Morning Energizers Sheree/Terri Gym		
4:45 pm—5:45 pm Upbeat Barre® Sheree GE No Class 11/24	5:15—6:00 pm RPM™ Rachael W. GE	5:15—6:00 pm High Fitness® Sheree GE No Class 11/26, 12/24, & 31		9:30—10:30 am (EST) Morning Energizers Bev SC Campgrounds		
6:00—7:05 pm BodyPUMP™ Jennifer/Erica GE	5:15—6:00 pm Kickboxing Kenzie BR No Class 11/18, 25, 12/23	6:10—7:15 pm BodyPUMP™ Jennifer/Erica GE No Class 12/24 & 12/31		9:15—10:15 am BodyPUMP™ Lauren GE		
	5:30-6:00pm Tabata Lindsey CS No Class 12/9 & 12/23		No Classes 11/27 12/25 & 1/1 Facility Closed		Like us on Facebook for updates on Group Exercise Classes, Programs, Special Events & More	
	6:10—6:40 pm Upbeat Pilates Kristy GE				***All of our group exercise classes, no matter the impact level can be modified for all levels of fitness.	