



GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA

JAN 5-FEB 28

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

<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	<u>We will be cancelling classes until After the New Year</u>
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	9:00-10:00 am RPM™ Amy Z. GE No Class 1/24 & 1/31	
8:30-9:30 am Morning Energizers April Gym	10:20am-11:00am Functional Bootcamp Lindsey GE	8:30-9:30 am Morning Energizers Aleesha Gym	9:15—10:15 am Upbeat Barre® Sheree GE No Class 1/8	8:05—8:50 am RPM™ Amy Z. GE	9:00-9:45 am Low/Tone/Upbeat Barre® Sheree CS No Class 1/16	
9:30—10:30 am (EST) Morning Energizers Cindy/Catherine SC Campgrounds	5:15—6:00 pm RPM™ Rachael W. GE	9:30—10:30 am (EST) Morning Energizers Cindy/Catherine SC Campgrounds	10:30am-11:30am Chair Yoga Connie GE	8:30-9:30 am Morning Energizers Sheree/Terri Gym	<u>Mini Mania</u> <u>Jan 10th!</u> <u>No regular classes</u>	
4:45 pm—5:45 pm Upbeat Barre® Sheree GE	5:15—6:00 pm Kickboxing Kenzie BR	5:15—6:00 pm High Fitness® Sheree GE	**5:30-6:00pm** Tabata Lindsey CS	9:30—10:30 am (EST) Morning Energizers Bev SC Campgrounds		
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	6:15—7:30 pm Brazilian Jiu Jitsu Zach BR Starting 1/22	9:15—10:15 am BodyPUMP™ Lauren GE		
	6:10—6:40 pm Upbeat Pilates Kristy GE No Class 2/3				Like us on Facebook for updates on Group Exercise Classes, Programs, Special Events & More	
	6:15—7:30 pm Brazilian Jiu Jitsu Zach BR Starting 1/20				***All of our group exercise classes, no matter the impact level can be modified for all levels of fitness.	