



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	Tuesday 5:30am EST RPM™ DeNae Starting 2/17
8:30—9:30 am BodyPUMP™ Lauren GE	9:10—10:10 am BodyBalance™ Erica GE	8:30—9:30 am BodyPUMP™ 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, 2/12	8:05—8:50 am RPM™ Amy Z. GE	9:00-9:45 am Low/Tone/Upbeat Barre® Sheree CS No Class 1/17, 2/21, 2/28	
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		
4:45 pm—5:45 pm Upbeat Barre® Sheree GE	5:15—6:00 pm Kickboxing Kenzie BR No Class 2/3	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		Jasper Trinity United Church 11:30am-12:30pm Tuesdays Zumba Catalina
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		
6:15—7:15 pm Dance Fitness Stefanie CS Starting 1/19	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.	