



**GROUP EXERCISE SCHEDULE**

**TRI-COUNTY YMCA**

**March 1-March 22nd**

**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 <b>Morning Energizers</b> Rachel HEC	5:00-6:05 am <b>BodyPUMP™/Les Mills Core™</b> Rachel GE	8:00—9:00 am <b>Morning Energizers</b> Rachel HEC	5:15—6:00 am <b>RPM™</b> Rachel GE	5:00—6:05 am <b>BodyPUMP™/Les Mills Core™</b> Rachel GE	7:40 —8:45 am <b>BodyPUMP™</b> Jennifer GE	<b>Tuesday</b> 5:30am EST <b>RPM™</b> DeNae
8:30—9:30 am <b>BodyPUMP™</b> Lauren GE	9:10—10:10 am <b>BodyBalance™</b> Erica GE	8:30—9:30 am <b>BodyPUMP™</b> Kayla GE	8:05—8:50 am <b>RPM™</b> Amy Z. GE	8:00—9:00 am <b>Morning Energizers</b> Rachel HEC	9:00-10:00 am <b>RPM™</b> Amy Z. GE	
8:30-9:30 am <b>Morning Energizers</b> April Gym	10:20am-11:00am <b>Functional Bootcamp</b> Lindsey GE <b>No Class 3/17</b>	8:30-9:30 am <b>Morning Energizers</b> Aleesha Gym	9:15—10:15 am <b>Upbeat Barre®</b> Sheree GE <b>Class 3/5— Yoga Flow</b>	8:05—8:50 am <b>RPM™</b> Amy Z. GE	9:00-9:45 am <b>Low/Tone/Upbeat Barre®</b> Sheree CS <b>No Class 3/7</b>	
9:30—10:30 am (EST) <b>Morning Energizers</b> Cindy/Catherine SC Campgrounds	5:15—6:00 pm <b>RPM™</b> Rachael W. GE	9:30—10:30 am (EST) <b>Morning Energizers</b> Cindy/Catherine SC Campgrounds	10:30am-11:30am <b>Chair Yoga</b> Connie GE	8:30-9:30 am <b>Morning Energizers</b> Sheree/Terri Gym	10:00am—10:45am <b>Brazilian Jiu Jitsu</b> Zach BR <b>March 7th and 21st only</b>	
4:45 pm—5:45 pm <b>Upbeat Barre®</b> Sheree GE	5:15—6:00 pm <b>Kickboxing</b> Kenzie BR <b>No Class 3/3</b>	5:15—6:00 pm <b>High Fitness®</b> Sheree GE	**5:30-6:00pm** <b>Tabata</b> Lindsey CS <b>No Class 3/12</b>	9:30—10:30 am (EST) <b>Morning Energizers</b> Bev SC Campgrounds		<b>Jasper Trinity United Church</b> 11:30am-12:30pm <b>Tuesdays</b> Zumba Catalina
6:00—7:05 pm <b>BodyPUMP™</b> Jennifer/Erica GE	**5:30-6:00pm** <b>Tabata</b> Lindsey CS <b>No Class 3/17</b>	6:10—7:15 pm <b>BodyPUMP™</b> Jennifer/Erica GE	6:15—7:30 pm <b>Brazilian Jiu Jitsu</b> Zach BR	9:15—10:15 am <b>BodyPUMP™</b> Lauren GE		
6:15—7:15 pm <b>Dance Fitness</b> Stefanie CS	6:10—6:40 pm <b>Upbeat Pilates</b> Kristy GE				Like us on Facebook for updates on Group Exercise Classes, Programs, Special Events & More	
	6:15—7:30 pm <b>Brazilian Jiu Jitsu</b> Zach BR				***All of our group exercise classes, no matter the impact level can be modified for all levels of fitness.	