




GROUP EXERCISE SCHEDULE  
TRI-COUNTY YMCA

# June 3rd-June 30th

**LEGEND** GE Group Exercise Room (Old WC) **GYM** YMCA gym  
**HEC** Huntingburg Event Center **BR** Boxing Room  
**CS** Cycling Studio (Orange Group Room)  
**Santa Claus CC**– Santa Claus Community Center  
**SCC**–Santa Claus Campgrounds

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Heritage Hills HS	Jasper Trinity United Church
8:00-9:00am Morning Energizers Rachel HEC	5:00-6:05AM BodyPUMP Rachel GE	8:00-9:00AM Morning Energizers Rachel HEC	5:15-6:00AM RPM Rachel GE	5:00-6:05AM BodyPUMP Rachel GE	7:35-8:40AM BodyPUMP Jennifer GE	<b>Monday</b> 8:30-9:30AM EST Yoga DeNae <b>No Class 6/8, 6/29</b>	<b>Tuesday</b> 11:30AM-12:30PM Zumba Catalina
8:30-9:30am BodyPUMP Kayla GE	8:05-9:00AM RPM Amy Z. GE	8:30-9:30AM BodyPUMP DeNae GE	8:05-8:50AM RPM Amy Z GE	8:00-9:00AM Morning Energizers Rachel HEC	8:05-9:05AM RPM Amy Z. BR	<b>Tuesday</b> 5:30-6:15AM EST RPM DeNae <b>No Class 6/30</b>	
8:30-9:30AM Morning Energizer April Gym	9:10-10:10AM BodyBalance Erica GE	8:30-9:30am Morning Energizers Aleesha Gym	9:15-10:15AM Upbeat Barre Sheree GE <b>No Class 6/4</b>	8:05-8:50AM RPM Amy Z. GE	9:00-10:00AM Low/Tone/UpBeat Barre Sheree GE <b>No Class 6/6</b>		
9:30-10:30AM Morning Energizers SC CC	5:15-6:00PM RPM Rachael W GE	9:30-10:30AM Morning Energizers Santa Claus CC	10:30-11:30AM Chair Yoga Connie GE	8:30-9:30AM Morning Energizer Sheree/Terri Gym	10:00-11:00AM Brazilian Jiu Jitsu Zach BR <b>6/20 Only</b>		
4:45-5:45PM Upbeat Barre Sheree GE <b>No Class 6/15</b>	5:15-6:00PM Kickboxing Kenzie BR	5:15-6:00PM High Fitness Sheree GE <b>No Class 6/3, 6/24</b>	5:30-6:00PM Tabata Lindsey GE	9:30-10:30AM Morning Energizer Santa Claus CC			
6:00-7:05PM BodyPUMP Jennifer GE	6:10-6:40PM Upbeat Pilates Kristy GE <b>No Class 6/16</b>	6:10-7:15PM BodyPUMP Jennifer GE	6:15-7:30PM Brazilian Jiu Jitsu Zach BR	9:15-10:15AM BodyPUMP Kayla GE			Like us on Facebook for updates on Group Exercise Classes, Programs, Special Events & More
6:15-7:15PM Dance Fitness Stefanie BR	6:15-7:30PM Brazilian Jiu Jitsu Zach BR						***All of our group exercise classes, no matter the impact level can be modified for all levels of fitness.