



GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA

August –Sept 6th

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 No Class 8/10 & 8/24	5:00-6:05 am BodyPUMP™/Les Mills Core™ Rachel GE No Class 8/18 & 8/25	8:00—9:00 am Morning Energizers Rachel HEC	5:15—6:00 am RPM™ Rachel GE No Class 8/20 & 8/27	5:00—6:05 am BodyPUMP™/Les Mills Core™ Rachel GE No Class 8/21 & 8/28	7:40 —8:45 am BodyPUMP™ Jennifer GE	Monday 4:30pm—5:15pm EST Yoga DeNae No Class 8/3 Class 8/10 at 8:30am
8:30—9:30 am BodyPUMP™ Kayla GE	8:05—8:50 am RPM™ Amy GE	8:30—9:30 am BodyPUMP™ DeNae GE	8:05—8:50 am RPM™ Amy Z. GE	8:00—9:00 am Morning Energizers Rachel HEC No Class 8/21 & 8/28	8:05—9:05 am RPM™ Amy Z. BR	Tuesday 5:30 am –6:15 am EST RPM™ DeNae No Class 8/4
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 GE	
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	10:00—10:45am Brazilian Jiu Jitsu Zach CS *Class Dates: 8/1, 8/15, 8/29	
4:45 pm—5:45 pm Upbeat Barre® Sheree GE No Class 8/17	5:15—6:00 pm Kickboxing Kenzie BR	5:15—6:00 pm High Fitness® Sheree GE	**5:30-6:00pm** Tabata Lindsey GE Starting Aug 13th	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 GE Starting Aug 11th	6:10—7:15 pm BodyPUMP™ Jennifer/Erica GE	6:15—7:30 pm Brazilian Jiu Jitsu Zach BR	9:15—10:15 am BodyPUMP™ Lauren GE		
6:15—7:15 pm Dance Fitness Stefanie CS	6:10—6:40 pm Upbeat Pilates Kristy GE No Class 8/4				Like us on Facebook for updates on Group Exercise Classes, Programs, Special Events & More	
	6:15—7:30 pm Brazilian Jiu Jitsu Zach BR				***All of our group exercise classes, no matter the impact level can be modified for all levels of fitness.	