



## GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA

# Oct 1st-Nov 1st

**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<br><b>Morning Energizers</b><br>Rachel<br>HEC                            | 5:00-6:05 am<br><b>BodyPUMP™/Les Mills Core™</b><br>Rachel<br>GE                     | 8:00—9:00 am<br><b>Morning Energizers</b><br>Rachel<br>HEC                            | 5:15—6:00 am<br><b>RPM™</b><br>Rachel<br>GE<br><b>No Class 10/15</b>                      | 5:00—6:05 am<br><b>BodyPUMP™/Les Mills Core™</b><br>Rachel<br>GE<br><b>No Class 10/16</b> | 7:40 —8:45 am<br><b>BodyPUMP™</b><br>Jennifer<br>GE                                                         | <b>Monday</b><br>4:30pm—5:15pm EST<br><b>Yoga</b><br>DeNae                                                            |
| 8:30—9:30 am<br><b>BodyPUMP™</b><br>Kayla<br>GE                                       | 8:05—8:50 am<br><b>RPM™</b><br>Amy<br>CS                                             | 8:30—9:30 am<br><b>BodyPUMP™</b><br>DeNae<br>GE                                       | 8:05—8:50 am<br><b>RPM™</b><br>Amy Z.<br>CS                                               | 8:00—9:00 am<br><b>Morning Energizers</b><br>Rachel<br>HEC<br><b>No Class 10/16</b>       | 8:05—9:05 am<br><b>RPM™</b><br>Amy Z.<br>CS<br><b>No Class 10/31</b>                                        | <b>Tuesday</b><br>5:30 am –6:15 am EST<br><b>RPM™</b><br>DeNae                                                        |
| 8:30-9:30 am<br><b>Morning Energizers</b><br>April<br>Gym                             | 9:10—10:10 am<br><b>BodyBalance™</b><br>Erica<br>GE<br><b>No Class 10/20</b>         | 8:30-9:30 am<br><b>Morning Energizers</b><br>Aleesha<br>Gym                           | 9:15—10:15 am<br><b>Upbeat Barre®</b><br>Sheree<br>GE                                     | 8:05—8:50 am<br><b>RPM™</b><br>Amy Z.<br>CS                                               | 9:00-10:00am<br><b>Low/Tone/Upbeat Barre®</b><br>Sheree<br>GE<br><b>No Class 10/3, 10/10 &amp; 10/31</b>    |                                                                                                                       |
| 9:30—10:30 am (EST)<br><b>Morning Energizers</b><br>Cindy/Catherine<br>SC Campgrounds | 5:15—6:00 pm<br><b>RPM™</b><br>Rachael W.<br>CS<br><b>No Class 10/20 &amp; 10/27</b> | 9:30—10:30 am (EST)<br><b>Morning Energizers</b><br>Cindy/Catherine<br>SC Campgrounds | 10:30am-11:30am<br><b>Chair Yoga</b><br>Connie<br>GE<br><b>No Class 10/22 &amp; 10/29</b> | 8:30-9:30 am<br><b>Morning Energizers</b><br>Sheree/Terri<br>Gym                          | 10:15—11:15am<br><b>Brazilian Jiu Jitsu</b><br>Zach<br>GE<br><b>Classes: 17th and 24th</b>                  | <b>Jasper —Trinity UCC</b><br><b>Tuesday</b><br>11:30am-12:15pm<br><b>Zumba™</b><br>Catalina<br><b>No Class 10/20</b> |
| 4:45 pm—5:45 pm<br><b>Upbeat Barre®</b><br>Sheree<br>GE<br><b>No Class 10/5</b>       | 5:15—6:00 pm<br><b>Kickboxing</b><br>Kenzie<br>BR<br><b>No Class 10/13</b>           | 5:15—6:00 pm<br><b>High Fitness®</b><br>Sheree<br>GE<br><b>No Class 10/7</b>          | **5:30-6:00pm**<br><b>Tabata</b><br>Lindsey<br>GE<br><b>No Class 10/22 &amp; 10/29</b>    | 9:30—10:30 am (EST)<br><b>Morning Energizers</b><br>Bev<br>SC Campgrounds                 | Join Sheree for Upbeat Barre 10/10 at Walktober @ Wollenmann House From 9-10am                              |                                                                                                                       |
| 6:00—7:05 pm<br><b>BodyPUMP™</b><br>Jennifer/Erica<br>GE                              | **5:30-6:00pm**<br><b>Tabata</b><br>Lindsey<br>GE<br><b>No Class 10/27</b>           | 6:10—7:15 pm<br><b>BodyPUMP™</b><br>Jennifer/Erica<br>GE                              | 6:15—7:30 pm<br><b>Brazilian Jiu Jitsu</b><br>Zach<br>GE                                  | 9:15—10:15 am<br><b>BodyPUMP™</b><br>Lauren<br>GE                                         |                                                                                                             |                                                                                                                       |
| 6:15—7:15 pm<br><b>Dance Fitness</b><br>Stefanie<br>CS                                | 6:10—6:40 pm<br><b>Upbeat Pilates</b><br>Kristy<br>CS<br><b>No Class 10/13</b>       |                                                                                       |                                                                                           |      | Like us on Facebook for updates on Group Exercise Classes, Programs, Special Events & More                  |                                                                                                                       |
|                                                                                       | 6:15—7:30 pm<br><b>Brazilian Jiu Jitsu</b><br>Zach<br>GE                             |                                                                                       |                                                                                           |                                                                                           | ***All of our group exercise classes, no matter the impact level can be modified for all levels of fitness. |                                                                                                                       |