GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA

Nov 1st-Nov 30th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	HERITAGE HILLS
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 No Class 11/27	**7:40-8:45 am** BodyPUMP™ Jennifer GE	**Mon 4:30-5:15 pm EST** Total Body Stretch DeNae
8:30-9:30 am BodyPUMP™ Kayla GE	**8:05-8:50 am** RPM™ Amy CS	**8:30-9:30 am** BodyPUMP™ DeNae GE	**8:05-8:50 am** RPM™ Amy Z. CS	**8:00-9:00 am** Morning Energizers Rachel HEC	**8:05-9:05 am** RPM™ Amy Z. CS	**Tue 5:30-6:15 am EST** RPM™ DeNae
8:30-9:30 am Morning Energizers April Gym	**9:10-10:10 am** BodyBalance™ Erica GE	**9:40-10:10am** Les Mills Core™ DeNae GE	**9:15-10:15 am** Upbeat Barre® Sheree GE No Class 11/5	**8:05-8:50 am** RPM™ Amy Z. CS	**9:00-10:00 am** Low/Tone/Upbeat Barre® Sheree GE	
9:30-10:30 am (EST) Morning Energizers Cindy/Catherine SCC	**5:15-6:00 pm** RPM™ Rachael W. CS	**8:30-9:30 am** Morning Energizers Aleesha Gym	**10:30-11:30 am** Chair Yoga Connie GE No Class 11/5	**8:30-9:30 am** Morning Energizers Sheree/Terri Gym No Class 11/27	**10:15-11:15 am** Brazilian Jiu Jitsu Zach GE Classes Held on 11/7 & 11/14 &12/5	
4:45-5:45 pm Upbeat Barre® Sheree GE	**5:15-6:00 pm** Kickboxing Kenzie BR	**9:30-10:30 am (EST)** Morning Energizers Cindy/Catherine SCC	**5:30-6:00 pm** Tabata Lindsey GE No Class 11/5	**9:30-10:30 am (EST)** Morning Energizers Bev SCC		**Jasper Southgate Plaza Suite 283**
6:00-7:05 pm BodyPUMP™ Jennifer GE	**5:30-6:00 pm** Tabata Lindsey GE No Class 11/3	**5:15-6:00 pm** High Fitness® Sheree GE	**6:15-7:30 pm** Brazilian Jiu Jitsu Zach GE No Class 11/5	**9:15-10:15 am** BodyPUMP™ Lauren GE	**No Classes Nov 21st** **Its Christkindlmarkt Time**	**Tue 11:30 am-12:15 pm** Zumba™ Catalina No Class 11/24
6:15-7:15 pm Dance Fitness Stefanie CS	**6:10-6:40 pm** Upbeat Pilates Kristy CS No Class 11/10	**6:10-7:15 pm** BodyPUMP™ Jennifer GE No Class 11/11	**No Classes on Thanksgiving 11/26**			
	6:15-7:30 pm Brazilian Jiu Jitsu Zach GE					

LEGEND

- **CS** Cycling Studio
- **SCC** Santa Claus Campgrounds
- **GYM** YMCA gym
- **BR** Boxing Room
- **HH** YMCA Heritage Hills HS
- **HEC** Huntingburg Event Center
- **GE** Group Exercise Room (Old WC)

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*****All of our group exercise classes, no matter the impact level can be modified for all levels of fitness.**