GROUP EXERCISE SCHEDULE
TRI-COUNTY YMCA

December 1st - January 2nd

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 No Class 12/29	**8:00–9:00 am** Morning Energizers Rachel HEC	**5:15–6:00 am** RPM™ Rachel GE No Class 12/24 & 12/31	**5:00–6:05 am** BodyPUMP™/Les Mills Core™ Rachel GE	**7:40–8:45 am** BodyPUMP™ Jennifer GE	**Mon 4:30–5:15 pm EST** Total Body Stretch DeNae No Class: 12/28
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 No Class 12/11	**8:05–9:05 am** RPM™ Amy Z. CS	**Tue 5:30–6:15 am EST** RPM™ DeNae No Class: 12/29
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 12/24	**8:05–8:50 am** RPM™ Amy Z. CS	**9:00–10:00 am** Dance Fitness Stefanie 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	**8:30–9:30 am** Morning Energizers Sheree/Terri Gym	**10:15–11:15 am** Brazilian Jiu Jitsu Zach GE Classes Held on 12/5 & 12/12	
4:45–5:45 pm Upbeat Barre® Sheree GE No Class 12/28	**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 12/24 or 12/31	**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	**5:15–6:00 pm** High Fitness® Sheree GE No Class 12/2 & 12/23	**6:15–7:30 pm** Brazilian Jiu Jitsu Zach GE No Class 12/24 or 12/31	**9:15–10:15 am** BodyPUMP™ Lauren GE		**Tue 11:30 am–12:15 pm** Zumba™ Catalina No Class: 12/29
6:15–7:15 pm Dance Fitness Stefanie CS	**6:10–6:40 pm** Upbeat Pilates Kristy CS No Class 12/29	**6:10–7:15 pm** BodyPUMP™ Jennifer GE		**No Classes Xmas or New Year 12/25 or 1/1**		
	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.