

GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA - Jan 2—Feb. 2

LEGEND

GE Group Exercise Room

CY Cycling Room


HEC Huntingburg Event Center

HHHS POOL Heritage Hills Pool

HHMS Heritage Hill Middle

GYM YMCA gym

VUJC Ruxer gym VUJC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SANTA CLAUS
5:00-5:30/5:30-6:00 am RPM™/BodyPUMP™ Rachel GE	5:00-5:30 am BodyATTACK™ Rachel GE	5:00-6:05 am BodyPUMP™ Rachel GE	5:15-6:00 am RPM™ Rachel GE	5:00-5:30 am BodyPUMP™ Rachel GE	7:30-8:35 am BodyPUMP™ Jennifer GE	4:15-5:00 pm EST RPM™ Mondays Rachael W.—HHMS
8:00-9:00 am Enhanced Fitness Rachel HEC	5:30-6:05 am CX WORX™ Rachel GE	8:00-9:00 am Enhanced Fitness Rachel HEC	8:10-8:45 am RPM™ Amy Z. CY	5:30-6:05 am CX WORX™ Rachel GE	8:30-9:30 am PiYo™ Steph CY	5:30-6:15 am EST RPM™ Tuesdays DeNae—HHMS
8:45-9:35 am BodyPUMP™ DeNae GE	8:15-9:00 am RPM™ Rachel CY	8:30-9:30 am Morning Energizers Abe GYM	8:45-9:15 am CX WORX™ Lauren GE	8:00-9:00 am Enhanced Fitness Rachel HEC	8:45-9:45 am BodyATTACK™ Melissa GE	4:15-5:00 pm EST RPM™ Wednesdays Rachael W.—HHMS
9:40-10:10 am CX WORX™ DeNae GE	8:30-9:30 am ZUMBA/POUND™ Brandi- NO CLASS 1/30 GE	8:15-9:20 am BodyPUMP™ Steph GE	4:45-5:45 pm Power Vinyasa Yoga Anne CY	8:15-9:00 am RPM™ Amy Z. CY		5:30-6:15 am EST RPM™ Thursdays DeNae—HHMS
8:30-9:30 am Morning Energizers Adrienne GYM	5:15-6:00 pm RPM™ Rachael CY	5:00-6:00 pm Yin Yoga Samantha CY	4:45-5:50 pm BodyPUMP™ Jennifer GE	8:30-9:30 am Morning Energizers Abe GYM		5:15-6:15 am EST BODYPUMP™ Fridays -NO CLASS ON 12/29 DeNae—SCUMC
4:45-5:45 pm Power Vinyasa Yoga Anne CY	5:30-6:15 pm Insanity™ Cody GE	5:10-5:55 pm BodyATTACK™ DeNae/Steph GE	5:50-6:35 pm RPM™ Rachael CY	8:30-9:15 Intro to Kickboxing Kenzie GE	We are closed on Monday, January 1st to celebrate the New Year!	CLASSES AT VUJC IN JASPER:
5:15-5:45 pm Tabata Jill GE	6:15-6:45 pm CX WORX™ Lauren CY	6:15-7:15 pm Water Aerobics Lauren HHHS	6:30-7:20 pm Pound™ Brandi GE	FREE FITNESS FRIDAY!!! JAN. 26TH ONLY 5:15 PM Intro to Kickboxing Kenzie-CY	FREE FITNESS FRIDAY CLASSES ARE FREE TO MEMBERS AND NON-MEMBERS!!!	7:30-8:30 am EST Tai-Chi Tuesdays Jim—VUJC
5:50-6:20 pm ZUMBA™ Brandi CY	6:30-7:20 pm Pound™ Brandi- NO CLASS 1/30 GE	6:10-7:10 pm BodyPUMP™ Jennifer GE				6:00-6:50 pm EST BodyATTACK Thursdays Melissa—VUJC
6:00-7:05 pm BodyPUMP™ Jennifer GE		6:05-7:05 pm PiYo™ Brooke CY				
6:30-7:15 pm BodyATTACK™ Melissa CY						Like us on Facebook for updates on Group Exercise Classes, Programs, Special Events & More
						***All of our group exercise classes, no matter the impact level can be modified for all levels of fitness.

JANUARY NEWS AND NOTIFICATIONS:

- **SNOW POLICY:** If schools are cancelled or on a 2-hour delay due to snow, all morning group exercise classes will be cancelled. Also, the facility will open at 6 am, rather than 5 am.
- If in doubt of a cancellation due to weather, please check our Facebook page , website, or you can call the Tri-County YMCA at (812) 367-2323.
- **CHILD WATCH HOURS:** Monday-Saturday 8:00 am to 11:00 am and Monday-Thursday 4:00 pm to 8:00 pm.
- Check out the schedule for our monthly **FREE FITNESS FRIDAY** class!!!
- Coming the 2nd week of January are group exercise classes at **VUJC!!!**