



# GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA - Jan. 7 —Feb. 2

## LEGEND

**GE** Group Exercise Room  
**CY** Cycling Room  
**HEC** Huntingburg Event Center  
**HHHS POOL** Heritage Hills Pool

**H.H. YMCA** Heritage Hills  
**GYM** YMCA gym  
**VUJC** Ruxer gym VUJC

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  | SANTA CLAUS  |
|---|---|--|---|---|---|--|
| 5:00-5:30/5:30-6:00 am<br><b>RPM™/BodyPUMP™</b><br>Rachel<br>GE | 5:00-5:30 am<br><b>BodyATTACK™</b><br>Rachel<br>GE                                  | 5:00-6:05 am<br><b>BodyPUMP™</b><br>Rachel<br>GE   | 5:15-6:00 am<br><b>RPM™</b><br>Rachel<br>GE   | 5:00-5:30 am<br><b>BodyPUMP™</b><br>Rachel<br>GE          | 7:30-8:35 am<br><b>BodyPUMP™</b><br>Jennifer<br>GE  | 5:30-6:30 pm EST<br><b>RPM/BodyPUMP™</b><br><b>Mon.</b><br>Rachael-H.H.YMCA    |
| 8:00-9:00 am<br><b>Enhanced Fitness</b><br>Rachel<br>HEC        | 5:30-6:05 am<br><b>CX WORX™</b><br>Rachel<br>GE                                     | 8:00-9:00 am<br><b>Enhanced Fitness</b><br>Rachel<br>HEC                                   | 8:15-9:00 am<br><b>RPM™</b><br>Amy Z.<br>CY   | 5:30-6:05 am<br><b>CX WORX™</b><br>Rachel<br>GE           | 8:45-9:30 am<br><b>BodyATTACK™</b><br>Steph<br>GE   | 5:30-6:15 am EST<br><b>RPM™</b><br><b>Tues.</b><br>DeNae-H.H.YMCA              |
| 8:30-9:30 am<br><b>BodyPUMP™</b><br>Steph<br>GE                 | 8:15-9:00 am<br><b>RPM™</b><br>Rachel<br>CY   | 8:30-9:30 am<br><b>Morning Energiz-ers</b><br>Abe/Kristen<br>GYM                           | 4:45-5:45 pm<br><b>BodyFLOW™</b><br>Erica<br>CY   | 8:00-9:00 am<br><b>Enhanced Fitness</b><br>Rachel<br>HEC  | 9:45-10:45 am<br><b>BodyFLOW™</b><br>Steph<br>GE  | 4:30-5:30 pm EST<br><b>BodyPump/CX Worx™</b><br><b>Wed.</b><br>Lauren-H.H.YMCA |
| 8:30-9:30 am<br><b>Morning Energizers</b><br>Abe/Kristen<br>GYM | 9:20-10:15 am<br><b>BodyFLOW™</b><br>Erica<br>GE                                    | 8:30-9:30 am<br><b>BodyPUMP™</b><br>DeNae<br>GE  | 5:00-6:05 pm<br><b>BodyPUMP™</b><br>Steph<br>GE   | 8:15-9:00 am<br><b>RPM™</b><br>Amy Z.<br>CY               | <b>CLASSES AT VUJC IN JASPER:</b>   |  |
| 5:15-5:45 pm<br><b>Tabata</b><br>Jill<br>GE                     | 5:15-6:00 pm<br><b>RPM™</b><br>Rachael W.<br>CY                                     | 5:00-6:00 pm<br><b>Yin Yoga</b><br>Samantha<br>CY  | 5:50-6:35 pm<br><b>RPM™</b><br>Rachael W.<br>CY   | 8:30-9:30 am<br><b>Morning Energizers</b><br>Steph<br>GYM | 11:30 am-12:00 pm<br><b>CXWORX™</b><br><b>Tues.</b><br>Stephanie-VUJC                     | 5:30-6:15 am EST<br><b>RPM™</b><br><b>Thurs.</b><br>DeNae-H.H.YMCA             |
| 5:30-6:00 pm<br><b>BodyATTACK™</b><br>Melissa<br>CY             | 5:15-6:00 pm<br><b>Kickboxing</b><br>Kenzie<br>GE                                   | 5:30-6:00 pm<br><b>BodyATTACK™</b><br>Steph<br>GE  |   | 9:15-10:00 am<br><b>BodyPUMP™</b><br>Rachael W.<br>GE     | 5:00-5:50 pm EST<br><b>BodyATTACK™</b><br><b>Thurs.</b><br>Melissa-VUJC                   | 5:30-6:35 pm EST<br><b>BodyPUMP™</b><br><b>Thurs.</b><br>Lauren-H.H.YMCA       |
| 6:10-7:15 pm<br><b>BodyPUMP™</b><br>Jennifer<br>GE              | 6:10-6:40 pm<br><b>CX WORX™</b><br>Lauren<br>GE                                     | 6:10-7:05 pm<br><b>BodyFLOW™</b><br>Steph<br>GE  |   |   | 11:30 am-12:30 pm<br><b>BodyFLOW™</b><br><b>Fri</b><br>Stephanie-VUJC                     | 5:15-6:20 am EST<br><b>BODYPUMP™</b><br><b>Fri.</b><br>DeNae-H.H.YMCA          |
| 6:10-7:05<br><b>BodyFLOW™</b><br>Melissa<br>CY                  |   | 6:10-7:15 pm<br><b>BodyPUMP™</b><br>Jennifer<br>GE   |   |   | <b>***MINI MANIA IS SATURDAY, JANUARY 19TH FROM 8 AM TO 2 PM!!! CHECK OUR WEBISTE AND</b> | 8:00-9:00 am EST<br><b>BodyFLOW™</b><br><b>Saturday</b><br>Erica-H.H.YMCA      |
|   |   | 6:15-7:15 pm EST<br><b>Water Aerobics</b><br><b>Wed.</b><br>Lauren-H.H.Pool                |   |   |   | <b>FACEBOOK FOR A SCHEDULE OF CLASSES AND TIMES FOR THE EVENT!!!</b>           |
|   |  | 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. |   |   |  |