

GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA - June 4—June 30

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	5:30—6:15 am EST RPM™ Tues.-5th, 26th ONLY DeNae—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	7:30—8:00 am CX WORX™ Lauren GE	5:30—6:05 am CX WORX™ Rachel GE	8:15—9:15 am RPM™ Amy CY	7:00—7:45 am EST RPM™ Thurs.-7th, 28th ONLY DeNae—HHMS
8:15—8:45 am BodyPUMP™ DeNae GE	8:15—9:00 am RPM™ Rachel CY	8:30—9:30 am Morning Energizers Abe/Christen GYM	8:15—9:00 am RPM™ Amy Z. CY	8:00—9:00 am Enhanced Fitness Rachel HEC	8:45—9:45 am Pound/Zumba™ Brandi- NO CLASS 6/09 GE	5:15—6:15 am EST BODYPUMP™ Fri.-8th, 29th ONLY DeNae—SCUMC
8:45—9:15 am CX WORX™ DeNae GE	5:15—6:00 pm RPM™ Rachael W. CY	8:15—9:20 am BodyPUMP™ DeNae GE	8:30—9:30 am PiYo™ Steph GE	8:15—9:00 am RPM™ Amy Z. CY	9:00—10:00 am Water Aerobics Cari Sister's Pool	CLASSES AT VUJC IN JASPER:
8:30—9:30 am Morning Energizers Abe/Kristen GYM	5:15—6:00 pm Kickboxing Kenzie GE	4:00—5:00 pm RPM™/BodyPUMP™ Rachael W CY/GE	4:45—5:45 pm Power Vinyasa Yoga Anne CY	9:15—10:00 am BodyPUMP™ Rachael W. GE	10—11:00 am Open Swim Sister's Pool	6:00—6:50 pm EST BodyATTACK Thurs.NO CLASS 6/14 Melissa—VUJC
4:00—4:35 pm RPM™ Rachael W. CY	6:30—7:30 pm Water Aerobics April- STARTING ON 6/12 Sister's Pool	5:00—6:00 pm Yin Yoga Samantha- 6/6 & 6/27 ONLY CY	4:45—5:50 pm BodyPUMP™ Jennifer GE	8:30—9:30 am Morning Energizers Steph GYM		
4:45—5:45 pm Power Vinyasa Yoga Anne CY	6:05—6:35 pm CX WORX™ Lauren GE	5:00—6:00 pm Stretch & Flow Yoga Anne- 6/13 & 6/20 ONLY CY	5:50—6:35 pm RPM™ Rachael W. CY			
5:15—5:45 pm Tabata Jill- NO CLASS 6/11 GE	6:05—7:00 pm PiYo™ Steph CY	5:10—5:55 pm BodyATTACK™ Melissa GE	6:30—7:20 pm Pound™ Brandi GE			
6:00—7:05 pm BodyPUMP™ Jennifer GE	6:40—7:30 pm ZUMBA™ Brandi GE	6:00—7:00 pm Water Aerobics Lauren Sister's Pool				
		6:10—7:10 pm BodyPUMP™ Jennifer GE			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.
		7:00—8:00 pm Open Swim Sister's Pool				

JUNE NEWS AND NOTIFICATIONS:

- **CHILD WATCH HOURS:** Monday-Saturday 8:00 am to 11:00 am and Monday-Thursday 4:00 pm to 8:00 pm.
- Water aerobics is back!!! Join us at the Sisters of St. Benedicts Outdoor Pool, which is located on E 14th Street (go past the Forest Park sport complex—the pool will be on the right hand side of the Contact Stephanie Leinenbach for more information at stephanie@tricountymmca.org or (812) 367-2323.
- Bootcamp Round 2 will begin Monday, June 4th!!! Call in or come by to get registered!
- Team 13, our first ever half marathon training program, will begin Wednesday, July 18th! Please contact Stephanie Leinenbach at the Tri-County YMCA for more information. (812) 367-2323 or stephanie@tricountymmca.org