



GROUP EXERCISE SCHEDULE

TRI-COUNTY YMCA

March 30th-May 2nd

LEGEND GE Group Exercise Room (Old WC)
 HEC Huntingburg Event Center
 CS Cycling Studio (Orange Group Room)
 SCC—Santa Claus Campgrounds

GYM YMCA gym
BR Boxing Room
HH YMCA Heritage Hills HS

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>HERITAGE HILLS</u>
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 No Class 4/9 & 4/23	5:00—6:05 am BodyPUMP™/Les Mills Core™ Rachel GE	7:40 —8:45 am BodyPUMP™ Jennifer GE	Tuesday 5:30am EST RPM™ DeNae No Class 4/7
8:30—9:30 am BodyPUMP™ Lauren GE	9:10—10:10 am BodyBalance™ Erica GE	8:30—9:30 am BodyPUMP™ Kayla/DeNae GE DeNae Back 4/15!	8:05—8:50 am RPM™ Amy Z. GE	8:00—9:00 am Morning Energizers Rachel HEC	8:45-9:30 am RPM™ Amy Z. CS No Class 4/4	
8:30-9:30 am Morning Energizers April Gym	5:15—6:00 pm RPM™ Rachael W. GE	8:30-9:30 am Morning Energizers Aleesha Gym	9:15—10:15 am Upbeat Barre® Sheree GE	8:05—8:50 am RPM™ Amy Z. GE	9:00-9:45 am Low/Tone/Upbeat Barre® Sheree GE	
9:30—10:30 am (EST) Morning Energizers Cindy/Catherine SC Campgrounds	5:15—6:00 pm Kickboxing Kenzie BR	9:30—10:30 am (EST) Morning Energizers Cindy/Catherine SC Campgrounds	10:30am-11:30am Chair Yoga Connie GE No Class 4/16	8:30-9:30 am Morning Energizers Sheree/Terri Gym	10:00—10:45am Brazilian Jiu Jitsu Zach CS *Class Dates: 4/4 & 4/18*	
4:45 pm—5:45 pm Upbeat Barre® Sheree GE	**5:30-6:00pm** Tabata Lindsey CS No Class 4/14 & 4/21	5:15—6:00 pm High Fitness® Sheree GE	**5:30-6:00pm** Tabata Lindsey GE No Class 4/16 & 4/23	9:30—10:30 am (EST) Morning Energizers Bev SC Campgrounds		Jasper Trinity United Church 11:30am-12:30pm Tuesdays Zumba Catalina
6:00—7:05 pm BodyPUMP™ Jennifer/Erica GE	6:10—6:40 pm Upbeat Pilates Kristy GE	6:10—7:15 pm BodyPUMP™ Jennifer/Erica GE	6:15—7:30 pm Brazilian Jiu Jitsu Zach BR No Class 4/9	9:15—10:15 am BodyPUMP™ Lauren GE		
6:15—7:15 pm Dance Fitness Stefanie CS No Class 4/27	6:15—7:30 pm Brazilian Jiu Jitsu Zach BR				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.	