



Group Fitness Class Schedule
 YMCA of Vincennes
 January 27th - March 31st

2010 College Avenue
 Vincennes, IN 47591
 (812) 895-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am			Cycle45 Group Exercise Room #2 5:30am - 6:15am		Cycle45 Group Exercise Room #2 5:30am - 6:15am		
6am	Crunch and Punch Boxing Room 6:15am - 7:15am	Silver Strength Boxing Room 6am - 7am		Silver Strength Boxing Room 6am - 7am	Crunch and Punch Boxing Room 6:15am - 7:15am		
7am		Circuit Kickboxing Boxing Room 7:30am - 8:30am		Circuit Kickboxing Boxing Room 7:30am - 8:30am			
8am	HiIT Group Exercise Room #1 8:15am - 9:30am	Rock Steady Boxing Room 8:30am - 9:30am	Rock Steady Boxing Room 8am - 9:30am	Rock Steady Boxing Room 8:30am - 9:30am	Rock Steady Boxing Room 8am - 9:30am	FitStrong Group Exercise Room #1 8:15am - 9am	
	Vinyasa Yoga Group Exercise Room #2 8:30am - 9:30am		HiIT Group Exercise Room #1 8:15am - 9:30am		Vinyasa Yoga Group Exercise Room #2 8:30am - 9:30am	Yoga for Men Group Exercise Room #1 8:30am - 9am	
			Vinyasa Yoga Group Exercise Room #2 8:30am - 9:30am				
9am	Rock Steady Boxing Room 9am - 9:45am	Pickleball Gym 2 - General 9:30am - 11:30am	Pickleball Gym 2 - General 9:30am - 11:30am	Pickleball Gym 2 - General 9:30am - 11:30am	Pickleball Gym 2 - General 9:30am - 11:30am		
	Pickleball Gym 2 - General 9:30am - 11:30am						
10am	EnhanceFitness Group Exercise Room #1 10am - 11am		EnhanceFitness Group Exercise Room #1 10am - 11am		EnhanceFitness Group Exercise Room #1 10am - 11am		
11am		Yoga Stretch Group Exercise Room #1 11:15am - 12pm		Yoga Stretch Group Exercise Room #1 11:15am - 12pm			
5pm	Strength Train Together Group Exercise Room #1 5:30pm - 6:30pm		Fit Families Boxing Room 5:30pm - 6:30pm	Beginner Taekwondo Taekwondo 5pm - 5:30pm			
	Candlelight Yoga Group Exercise Room #2 5:30pm - 6:30pm		Strength Train Together Group Exercise Room #1 5:30pm - 6:30pm	Evening Boost Group Exercise Room #1 5:30pm - 6:30pm			
6pm		Cycle45 Group Exercise Room #2 6pm - 6:45pm		Cycle45 Group Exercise Room #2 6pm - 6:45pm			



**Yoga for Men
 is on the First and
 Third
 Saturdays of the
 Month.**

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.

Class Descriptions On Back



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MON	TUE	WED	THU	FRI	SAT	SUN
	Pickleball Gym 2 - General 6:30pm - 8:30pm		Advanced Taekwondo Taekwondo 6pm - 6:30pm			

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Beginner & Advanced Taekwondo - Beginner: For children and adults new to martial arts. Learn the fundamentals with one-on-one time - Wed. @ 5:00 pm. **Advanced:** For those who want to further develop their skills. Learn stretches, kicks, punches, and self-defense - Wed. 5:30 pm.

Candlelight Yoga - Slow paced deep stretching and relaxing. Candlelight ambiance adds an extra element of relaxation.

Circuit Kickboxing - Circuit Kickboxing combines the functional elements of kickboxing with the intensity of circuit training to provide a full body workout designed to burn calories, build muscle and improve cardiovascular health.

Crunch and Punch - Stretch and rotate through stamina stations that target glutes and legs, core and balance, and chest and arms.

Cycle45 - Enjoy an indoor, non-impact, cardiovascular workout that strengthens and tones the lower body. Participants journey across fast lat roads, rolling hills and slow climbs.

EnhanceFitness - EnhanceFitness is a proven senior fitness and arthritis management program that improves your endurance, strength, and flexibility.

Evening Boost - This class is a total body workout that involves aerobic activity, muscle toning and flexibility. We utilize a mix of free weights and your own body weight for resistance.

Fit Families - This 8 week class focuses on getting fit with your family! This class will incorporate multiple formats of fitness including weights, cardio and stretching. Kids ages 12 and older welcome with an adult present.

FitStrong - Ready to up your game? High energy cardio training combining a variety of strength, power, and fun!

HiiT - Interval training with short intervals of maximum intensity exercise separated by longer intervals of low to moderate intensity exercise.

Rock Steady - Non-contact boxing inspired classes can reverse, reduce and even delay the symptoms of Parkinson's Disease. Evaluation must be completed before beginning the class.

Silver Strength - This circuit class, created for men 50 and older, targets all the major muscle groups by combining cardio, strength training, balance, flexibility and functional movement.

Strength Train Together - STRENGTH TRAIN TOGETHER will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises.

Vinyasa Yoga - Full body workout that focuses on balance, strength, flexibility and breathing.

Y Boot Camp - A boot camp style class that focuses on core, strength, and cardio.

Yoga Stretch - Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures.

Yoga With Weights - Full body yoga workout that incorporates weights.

Yoga For Men - Join us on the first and third Saturdays of the month for a mens only yoga class. Focus will be on common problem areas for men including hamstrings, low back, chest and shoulders.