



Group Fitness Class Schedule  
 YMCA of Vincennes  
 August 10th - October 1st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
6am		<b>Silver Strength</b> Boxing Room 6am - 7am		<b>Silver Strength</b> Boxing Room 6am - 7am	<b>Crunch and Punch</b> Boxing Room 6am - 7am		
7am	<b>Rock Steady</b> Boxing Room 7am - 8:30am	<b>Rock Steady</b> Boxing Room 7am - 8:30am	<b>Rock Steady</b> Boxing Room 7am - 8:30am	<b>Rock Steady</b> Boxing Room 7am - 8:30am	<b>Rock Steady</b> Boxing Room 7am - 8:30am		
8am	<b>HiIT</b> Group Exercise Room #1 8:15am - 9:30am	<b>FAITHIIT</b> Group Exercise Room #1 8:30am - 9:30am	<b>HiIT</b> Group Exercise Room #1 8:15am - 9:30am	<b>FAITHIIT</b> Group Exercise Room #1 8:30am - 9:30am	<b>Vinyasa Yoga</b> Group Exercise Room #2 8:30am - 9:30am		
	<b>Vinyasa Yoga</b> Group Exercise Room #2 8:30am - 9:30am		<b>Vinyasa Yoga</b> Group Exercise Room #2 8:30am - 9:30am				
10am	<b>EnhanceFitness</b> Group Exercise Room #1 10am - 11am		<b>EnhanceFitness</b> Group Exercise Room #1 10am - 11am		<b>EnhanceFitness</b> Group Exercise Room #1 10am - 11am		
11am		<b>Yoga Stretch</b> Group Exercise Room #1 11:15am - 12pm		<b>Yoga Stretch</b> Group Exercise Room #1 11:15am - 12pm			
5pm	<b>Strength Train Together</b> Group Exercise Room #1 5:30pm - 6:30pm		<b>Strength Train Together</b> Group Exercise Room #1 5:30pm - 6:30pm				
6pm		<b>Cycle45</b> Group Exercise Room #2 6pm - 6:45pm		<b>Cycle45</b> Group Exercise Room #2 6pm - 6:45pm			

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.

**Due to social distancing guidelines, Group Fitness Classes have limited spots available. Please book your spots using the new YMCA Member App.**

**Need help with our new app? Contact Rebecca Richardville at: [marketing@vincennesymca.org](mailto:marketing@vincennesymca.org)**

**Download the new app at our website: [www.vincennesymca.org](http://www.vincennesymca.org)**

# Class Descriptions

**Crunch and Punch - Work your core and enhance your strength with this circuit training class taught by Tom Blakeslee.**

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

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

**FAITHIT - Working out the body while working in the Word of God! This class is a fusion of aerobic cardio, interval- based exercises and strength conditioning, providing a full total body workout.**

**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.**

**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.**

**Have questions? Email:  
[wellness@vincennesymca.org](mailto:wellness@vincennesymca.org)**

**[www.vincennesymca.org](http://www.vincennesymca.org)**