



Group Fitness Class Schedule  
 YMCA of Vincennes  
 September 8th - October 25th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>6am</b>		<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		
<b>7am</b>	<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		
<b>8am</b>	<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				
<b>10am</b>	<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		
<b>11am</b>	<b>Yoga Stretch</b> Group Exercise Room #1 11:15am - 12pm	<b>Yoga Stretch</b> Group Exercise Room #1 11:15am - 12pm	<b>Yoga Stretch</b> Group Exercise Room #1 11:15am - 12pm	<b>Yoga Stretch</b> Group Exercise Room #1 11:15am - 12pm			
<b>5pm</b>	<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				
<b>6pm</b>		<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.