



**Group Fitness Class Schedule**  
**YMCA of Vincennes**  
 January 4th - April 30th

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 John Ivers 6am - 7am		<b>Silver Strength</b> Boxing Room John Ivers 6am - 7am	<b>Crunch and Punch</b> Boxing Room Tom Blakeslee 6am - 7am		
<b>7am</b>	<b>Rock Steady</b> Boxing Room John Ivers 7am - 8:30am	<b>Rock Steady</b> Boxing Room John Ivers 7am - 8:30am	<b>Rock Steady</b> Boxing Room John Ivers 7am - 8:30am	<b>Rock Steady</b> Boxing Room John Ivers 7am - 8:30am	<b>Rock Steady</b> Boxing Room John Ivers 7am - 8:30am		
<b>8am</b>	<b>HiiT</b> Group Exercise Room #1 Kimberly Bouillett 8:15am - 9:30am	<b>FAITHiIT</b> Group Exercise Room #1 Renee Schopmeyer 8:30am - 9:30am	<b>HiiT</b> Group Exercise Room #1 Kimberly Bouillett 8:15am - 9:30am	<b>FAITHiIT</b> Group Exercise Room #1 Renee Schopmeyer 8:30am - 9:30am			
<b>10am</b>	<b>EnhanceFitness</b> Group Exercise Room #1 Kimberly Bouillett 10am - 11am		<b>EnhanceFitness</b> Group Exercise Room #1 Kimberly Bouillett 10am - 11am		<b>EnhanceFitness</b> Group Exercise Room #1 Kimberly Bouillett 10am - 11am		
<b>11am</b>	<b>Yoga Stretch</b> Group Exercise Room #1 Kimberly Bouillett 11:15am - 12pm	<b>Yoga Stretch</b> Group Exercise Room #1 Kimberly Bouillett 11:15am - 12pm	<b>Yoga Stretch</b> Group Exercise Room #1 Kimberly Bouillett 11:15am - 12pm	<b>Yoga Stretch</b> Group Exercise Room #1 Kimberly Bouillett 11:15am - 12pm			
<b>5pm</b>	<b>Strength Train Together</b> Group Exercise Room #1 Tom Blakeslee 5:30pm - 6:30pm	<b>RevBell</b> Group Exercise Room #1 Renee Schopmeyer 5pm - 6pm	<b>Strength Train Together</b> Group Exercise Room #1 Tom Blakeslee 5:30pm - 6:30pm	<b>RevBell</b> Group Exercise Room #1 Renee Schopmeyer 5pm - 6pm			
<b>6pm</b>		<b>Cycle45</b> Group Exercise Room #2 Natalie Ansloan 6pm - 6:45pm		<b>Cycle45</b> Group Exercise Room #2 Natalie Ansloan 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.