



Group Fitness Class Schedule  
 YMCA of Vincennes  
 September 23rd - November 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>7am</b>	<b>Rock Steady</b> Boxing Room Stell Kiefer 7am - 8:30am	<b>Rock Steady</b> Boxing Room Stell Kiefer 7am - 8:30am	<b>Rock Steady</b> Boxing Room Stell Kiefer 7am - 8:30am	<b>Rock Steady</b> Boxing Room Stell Kiefer 7am - 8:30am	<b>Rock Steady</b> Boxing Room Stell Kiefer 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>5pm</b>	<b>MOSSA 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>MOSSA Strength Train Together</b> Group Exercise Room #1 Tom Blakeslee 5:30pm - 6:30pm				

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.