




Group Exercise
YMCA of Vincennes
April 4th - June 30th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
6am	Spin Class (Cycle) Spin Room Nicole Young 6am - 7am	Silver Strength Boxing Room John Ivers 6am - 7am	Spin Class (Cycle) Spin Room Nicole Young 6am - 7am	Silver Strength Boxing Room John Ivers 6am - 7am	Spin Class (Cycle) Spin Room Mallory Heiden 6am - 7am		
		Spin Class (Cycle) Spin Room Mallory Heiden 6am - 7am		Spin Class (Cycle) Spin Room Mallory Heiden 6am - 7am			
7am	Rock Steady Boxing Room Stell Kiefer 7am - 8:30am	Rock Steady Boxing Room Stell Kiefer 7am - 8:30am	Rock Steady Boxing Room Stell Kiefer 7am - 8:30am	Rock Steady Boxing Room Stell Kiefer 7am - 8:30am	Rock Steady Boxing Room Stell Kiefer 7am - 8:30am		
8am	HiIT Group Exercise Room #1 Kimberly Bouillett 8:15am - 9:30am	FAITHIIT Group Exercise Room #1 Renee Schopmeyer 8:30am - 9:30am	HiIT Group Exercise Room #1 Kimberly Bouillett 8:15am - 9:30am	FAITHIIT Group Exercise Room #1 Renee Schopmeyer 8:30am - 9:30am			
9am		Spin Class (Cycle) Spin Room Nicole Young 9am - 10am		Spin Class (Cycle) Spin Room Nicole Young 9am - 10am		Spin Class (Cycle) Spin Room Nicole Young 9am - 10am	
10am	EnhanceFitness Group Exercise Room #1 Kimberly Bouillett 10am - 11am	Arthritis Aquacise Warm Therapy Pool Tiffany Petts 10am - 10:45am	EnhanceFitness Group Exercise Room #1 Kimberly Bouillett 10am - 11am	Arthritis Aquacise Warm Therapy Pool Tiffany Petts 10am - 10:45am	EnhanceFitness Group Exercise Room #1 Kimberly Bouillett 10am - 11am	Drumming Class Group Exercise Room #1 Nicole Young 10am - 11am	
	Cardio Aquacise Warm Therapy Pool Tiffany Petts 10am - 10:45am		Cardio Aquacise Warm Therapy Pool Tiffany Petts 10am - 10:45am		Cardio Aquacise Warm Therapy Pool Tiffany Petts 10am - 10:45am		
11am	Yoga Stretch Group Exercise Room #1 Kimberly Bouillett 11:15am - 12pm	Yoga Stretch Group Exercise Room #1 Kimberly Bouillett 11:15am - 12pm	Yoga Stretch Group Exercise Room #1 Kimberly Bouillett 11:15am - 12pm				
5pm	FIT Group Exercise Room #1 Nicole Young 5:30pm - 6:15pm	Arthritis Aquacise Warm Therapy Pool Tiffany Petts 5pm - 5:45pm	FIT Group Exercise Room #1 Nicole Young 5:30pm - 6:15pm	Arthritis Aquacise Warm Therapy Pool Tiffany Petts 5pm - 5:45pm			
		Drumming Class Group Exercise Room #1 Nicole Young 5:30pm - 6:30pm		Drumming Class Group Exercise Room #1 Nicole Young 5:30pm - 6:30pm			
6pm	Spin Class (Cycle) Spin Room Mallory Heiden 6:15pm - 7pm	Get Motivated to Move!	Spin Class (Cycle) Spin Room Nicole Young 6:15pm - 7pm				
	MOSSA Strength Train Together Group Exercise Room #1 Tom Blakeslee 6:30pm - 7:30pm		MOSSA Strength Train Together Group Exercise Room #1 Tom Blakeslee 6:30pm - 7:30pm				

Group Fitness Classes have limited spots available. Please book your spots using the new YMCA Member App.

Download the new app at our website: www.vincennesymca.org

Class Descriptions

Core Focus - This class focuses on your core utilizing cardio and strength moves. No more hours of endless crunches to get your midsection in shape. Core strength helps with balance and stability and is beneficial for your overall health and wellbeing.

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

Spin Class - Join us for Spin Class! Spin is an indoor cycling class. This class has something for everyone from intervals to rolling hills, sprints, climbs, and jumps all to music hand-picked to motivate and inspire you! Spin is a great form of cardio exercise!

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.

RevBell: A new, fun, unique fitness class for all fitness levels that takes the best kettlebell moves and choreographs them to music. Each song is a full body workout, but will focus more on either arms, legs, cardio, or core.

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.

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.

Fit - A fun full body workout using light weights/body weight.

Cardio Drumming - A fun full body workout that involves hitting an exercise ball/the floor with drumsticks to music.

www.vincennesymca.org