



Group Exercise Schedule  
 YMCA of Vincennes  
 August 22nd - December 31st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
6am	<b>Spin Class (Cycle)</b> Spin Room 6am - 7am	<b>Silver Strength</b> Boxing Room 6am - 7am	<b>Spin Class (Cycle)</b> Spin Room 6am - 7am	<b>Silver Strength</b> Boxing Room 6am - 7am	<b>Spin Class (Cycle)</b> Spin Room 6am - 7am		
		<b>Spin Class (Cycle)</b> Spin Room 6am - 7am		<b>Spin Class (Cycle)</b> Spin 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			
9am		<b>Spin Class (Cycle)</b> Spin Room 9am - 10am		<b>Spin Class (Cycle)</b> Spin Room 9am - 10am		<b>Spin Class (Cycle)</b> Spin Room 9am - 10am	
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	<b>Drumming Class</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	<b>Yoga Stretch</b> Group Exercise Room #1 11:15am - 12pm				
5pm	<b>FIT</b> Group Exercise Room #1 5:30pm - 6:15pm	<b>Drumming Class</b> Group Exercise Room #1 5:30pm - 6:30pm	<b>FIT</b> Group Exercise Room #1 5:30pm - 6:15pm	<b>Drumming Class</b> Group Exercise Room #1 5:30pm - 6:30pm			
6pm	<b>Spin Class (Cycle)</b> Spin Room 6:15pm - 7pm	<b>RevBell</b> Group Exercise Room #1 6:30pm - 7:30pm	<b>MOSSA Strength Train Together</b> Group Exercise Room #1 6:30pm - 7:30pm	<b>RevBell</b> Group Exercise Room #1 6:30pm - 7:30pm			
	<b>MOSSA Strength Train Together</b> Group Exercise Room #1 6:30pm - 7:30pm						

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.

# 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](http://www.vincennesymca.org)