



**Group Exercise**  
**YMCA of Vincennes**  
 January 1<sup>st</sup> – March 31<sup>st</sup>

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>Spin Class (Cycle)</b> Spin Room 6am - 7am		<b>Spin Class (Cycle)</b> Spin Room 6am - 7am			
<b>7am</b>	<b>Rock Steady</b> Boxing Room 8am - 9:30am	<b>Rock Steady</b> Boxing Room 7am - 8:30am	<b>Rock Steady</b> Boxing Room 8am - 9:30am	<b>Rock Steady</b> Boxing Room 8am - 9:30am	<b>Rock Steady</b> Boxing Room 8am - 9:30am		
<b>8am</b>	<b>HiIT</b> Group Exercise Room #1 8:15am - 9:30am		<b>HiIT</b> Group Exercise Room #1 8:15am - 9:30am		<b>Friday Surprise</b> Group Exercise Room 8:15am - 9am		
<b>9am</b>		<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	
<b>10am</b>	<b>EnhanceFitness</b> Group Exercise Room #1 10am - 11am	<b>Arthritis Aquacise</b> Warm Therapy Pool 10am - 10:45am	<b>EnhanceFitness</b> Group Exercise Room #1 10am - 11am	<b>Arthritis Aquacise</b> Warm Therapy Pool 10am - 10:45am	<b>EnhanceFitness</b> Group Exercise Room #1 10am - 11am	<b>Drumming Class</b> Group Exercise Room #1 10am - 11am	
	<b>Cardio Aquacise</b> Warm Therapy Pool 10am - 10:45am		<b>Cardio Aquacise</b> Warm Therapy Pool 10am - 10:45am		<b>Cardio Aquacise</b> Warm Therapy Pool 10am - 10:45am		
<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>4pm</b>		<b>Vinyasa Yoga</b> Group Exercise Room #1 4:30pm - 5:15pm		<b>Vinyasa Yoga</b> Group Exercise Room #1 4:30pm - 5:15pm			
<b>5pm</b>	<b>FIT</b> Group Exercise Room #1 5:30pm - 6:15pm	<b>Arthritis Aquacise</b> Warm Therapy Pool 5pm - 5:45pm	<b>FIT</b> Group Exercise Room #1 5:30pm - 6:15pm	<b>Arthritis Aquacise</b> Warm Therapy Pool 5pm - 5:45pm			
		<b>Drumming Class</b> Group Exercise Room #1 5:30pm - 6:30pm		<b>Drumming Class</b> Group Exercise Room #1 5:30pm - 6:30pm			
<b>6pm</b>	<b>Spin Class (Cycle)</b> Spin Room 6:15pm - 7pm		<b>MOSSA Strength Train Together</b> Group Exercise Room #1 6:30pm - 7:30pm				
	<b>MOSSA Strength Train Together</b> Group Exercise Room #1 6:30pm - 7:30pm		<b>Spin Class (Cycle)</b> Spin Room 6:15pm - 7pm				

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

**Enhance Fitness** – 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 all to music hand-picked to motivate and inspire you. Spin is a great form of cardio exercise.

**HIIT** - HIIT stands for **High Intensity Interval Training**. HIIT is essentially a type of exercise, be it cardio or resistance training. HIIT. alternates between periods of high intensity, and low intensity (or recovery.)

**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 targets all the major muscle groups by combining cardio, strength training, balance, flexibility, and functional movement.

**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.

**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 to the floor with drumsticks.

**Vinyasa Yoga** – A creative form of yoga where poses are linked together with the breath in a flowing sequence.