



Group Exercise
YMCA of Vincennes
 March 18th¹ –May 31st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
6am		Silver Strength Boxing Room 6am - 7am		Silver Strength Boxing Room 6am - 7am			
		Spin Class (Cycle) Spin Room 6am - 7am		Spin Class (Cycle) Spin Room 6am - 7am			
7am	Rock Steady Boxing Room 8am - 9:30am	Rock Steady Boxing Room 7am - 8:30am	Rock Steady Boxing Room 8am - 9:30am	Rock Steady Boxing Room 8am - 9:30am	Rock Steady Boxing Room 8am - 9:30am		
8am	HiIT Group Exercise Room #1 8:15am - 9:30am		HiIT Group Exercise Room #1 8:15am - 9:30am		Friday Surprise Group Exercise Room 8:15am - 9am		
9am		Spin Class (Cycle) Spin Room 9am - 10am		Spin Class (Cycle) Spin Room 9am - 10am		Spin Class (Cycle) Spin Room 9am - 10am	
10am	EnhanceFitness Group Exercise Room #1 10am - 11am	Arthritis Aquacise Warm Therapy Pool 10am - 10:45am	EnhanceFitness Group Exercise Room #1 10am - 11am	Arthritis Aquacise Warm Therapy Pool 10am - 10:45am	EnhanceFitness Group Exercise Room #1 10am - 11am	Drumming Class Group Exercise Room #1 10am - 11am	
	Cardio Aquacise Warm Therapy Pool 10am - 10:45am		Cardio Aquacise Warm Therapy Pool 10am - 10:45am		Cardio Aquacise Warm Therapy Pool 10am - 10:45am		
11am	Yoga Stretch Group Exercise Room #1 11:15am - 12pm	Yoga Stretch Group Exercise Room #1 11:15am - 12pm	Yoga Stretch Group Exercise Room #1 11:15am - 12pm				
4pm		Vinyasa Yoga Group Exercise Room #1 4:30pm - 5:15pm		Vinyasa Yoga Group Exercise Room #1 4:30pm - 5:15pm			
5pm	FIT Group Exercise Room #1 5:30pm - 6:15pm	Arthritis Aquacise Warm Therapy Pool 5pm - 5:45pm	FIT Group Exercise Room #1 5:30pm - 6:15pm	Arthritis Aquacise Warm Therapy Pool 5pm - 5:45pm			
		Drumming Class Group Exercise Room #1 5:30pm - 6:30pm		Drumming Class Group Exercise Room #1 5:30pm - 6:30pm			
6pm	Spin Class (Cycle) Spin Room 6:15pm - 7pm		MOSSA Strength Train Together Group Exercise Room #1 6:30pm - 7:30pm				
	MOSSA Strength Train Together Group Exercise Room #1 6:30pm - 7:30pm		Spin Class (Cycle) 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.