

# GROUP EXERCISE CLASS SCHEDULE



January 1, 2026  
Thru  
March 15, 2026

## MONDAY

8:00am	**ROCK STEADY
8:15am	Hiit Class
10:00am	Enhance Fitness
11:15am	Yoga Stretch
5:30pm	FIT Class
6:30pm	Strength Train Together

## TUES

6:00am	Silver Strength
7:00am	**ROCK STEADY
9:00am	Spin Class (Cycle)
11:15am	Yoga Stretch
4:30pm	Vinyasa Yoga
5:30pm	Cardio Drumming

## WEDNESDAY

8:00am	**ROCK STEADY
8:15am	Hiit Class
10:00am	Enhance Fitness
11:15am	Yoga Stretch
5:30pm	FIT Class
6:30pm	Strength Train Together
8:00pm	Taekwondo

## THURSDAY

6:00am	Silver Strength
8:00am	**ROCK STEADY
9:00am	Spin Class (Cycle)
4:30pm	Vinyasa Yoga
5:30pm	Cardio Drumming

## FRIDAY

8:00am	**ROCK STEADY
8:15am	Friday Surprise
10:00am	Enhance Fitness

## SATURDAY

9:00am	Spin Class
10:00am	Cardio Drumming
11:00am	Taekwondo

## SUNDAY

NO CLASSES

### AQUACISE CLASSES

#### MONDAY

10:00am Aquacise

#### TUESDAY

10:00am Aquacise  
5:00pm Aquacise

#### WEDNESDAY

10:00am Aquacise

#### THURSDAY

10:00am Aquacise  
5:00pm Aquacise

#### FRIDAY

10:00am Aquacise

\*\*Pre-Assessment Required



**YMCA OF  
VINCENNES  
2010 COLLEGE**

# CLASS DESCRIPTIONS

**Enhance Fitness** - A proven program designed specifically for seniors to boost endurance, strength, and flexibility while effectively managing arthritis.

**Spin Class (Cycle)** - Spin is an indoor cycling workout that offers something for everyone, from intense intervals to rolling hills, sprints, and climbs. Pedal along to hand-picked music designed to motivate and inspire you. Enjoy a fantastic cardio exercise that will leave you energized and ready to conquer the day!

**HiIT Class** - HIIT, which stands for High-Intensity Interval Training, is an effective exercise method that can be applied to both cardio and resistance workouts. It involves alternating between high-intensity bursts and low-intensity recovery periods.

**ROCK STEADY** - Our non-contact, boxing-inspired classes are designed to reverse, reduce, and even delay the symptoms of Parkinson's Disease. Prior to starting, an evaluation is required to ensure the program is right for you.

**Silver Strength** - This dynamic workout combines cardio, strength training, balance, flexibility, and functional movement to give you a comprehensive fitness experience.

**Strength Train Together** - Get ready to blast every muscle with this high-rep weight training workout! Using an adjustable barbell, weight plates, and your own body weight, you'll perform a mix of squats, lunges, presses, and curls for a full-body burn.

**Yoga Stretch** - Experience a full-body workout with a complete series of seated and standing yoga poses. For added support and safety, chair assistance is provided, allowing you to perform a variety of postures with ease.

**FIT** - Enjoy a fun, full-body workout that incorporates light weights and your own body weight. This session promises to keep you engaged and energized as you strengthen and tone your entire body!

**Cardio Drumming** - Enjoy a fun, full-body workout that incorporates hitting an exercise ball with drumsticks. This dynamic and engaging session will keep you energized and help you strengthen and tone your entire body!

**Vinyasa Yoga** - A dynamic and creative style of Yoga where poses are seamlessly linked with the breath, creating a smooth and flowing sequence.

**Taekwondo** - Taekwondo is a Korean martial art offering a full-body workout. It combines powerful kicks and punches for self-defense and sport, while improving cardiovascular health, strength, flexibility, and mental discipline. Beginner and Advanced Classes offered.