

GROUP EXERCISE CLASS SCHEDULE



August 31, 2026
Thru
December 31, 2026

MONDAY

8:00am	**ROCK STEADY
8:15am	Hiit Class
10:00am	Enhance Fitness
11:15am	Yoga Stretch
4:30pm	Strength Train Together
5:30pm	FIT Class
6:45pm	Mat Pilates

TUES

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

WEDNESDAY

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

THURSDAY

6:00am	Silver Strength
8:00am	**ROCK STEADY
9:15am	Spin Class (Cycle)
5:30pm	Cardio Drumming

FRIDAY

8:00am	**ROCK STEADY
8:15am	Friday Surprise
10:00am	Enhance Fitness
10:00am	**ROCK STEADY
11:00am	Mat Pilates

Saturday

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

AQUACISE CLASSES

Monday	10:00 AM
Tuesday	10:00 AM 5:00 PM
Wednesday	10:00 AM
Thursday	10:00 AM 5:00 PM
Friday	10:00 AM

Class is held in Warm Water
Therapy Pool



**YMCA OF
VINCENNES
2010 COLLEGE**

****Pre-Assessment Required**

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.

Mat Pilates - Mat Pilates is a low-impact workout performed on a mat that uses body weight to build core strength, improve flexibility, and enhance posture. It focuses on controlled movements, proper alignment, and breathing to strengthen the body and support overall fitness.