

WELCOME TO THE 2026



COMMUNITY GET FIT CHALLENGE

January 3 -
April 4, 2026

LET'S GET FIT TOGETHER!



CHALLENGE INFORMATION

Rules

- Each participant must be 18 years of age or older at the time of entry.
- Participants must complete the initial weigh in on January 3 at the YMCA of Vincennes from 9 a.m. to 4 p.m. or at Vincennes Active Nutrition January 4 - 10 to begin the program.
- To be eligible for prizes, participants must also complete the final weigh in between on April 4 from 9 a.m. to 12 p.m. at the Vincennes YMCA or from March 29-April 3 at Vincennes Active Nutrition.
- The competition will be based off a points system described below.
- Prizes will be awarded to the top three males and top three females.
- Nutrition and exercise plans will be available through the program; however, you may follow the nutrition and exercise plan of your choice.
- We encourage you to make small changes for long-lasting results. We discourage the use of fad diets, weight loss injections, excessive exercise or use of the sauna.

How it Works

Complete required weigh ins* using the InBody machine during group weigh-ins at the YMCA of Vincennes or Vincennes Active Nutrition.

- **Initial weigh in: Initial weigh-in: January 3 at the YMCA of Vincennes, 2020 College Ave., 9 a.m. to 4 p.m.**
 - Those who complete initial weigh in at the YMCA will be entered for bonus prizes and have a free YMCA day on January 3.
 - Alternate initial weigh-in opportunities at Vincennes Active Nutrition, January 4-10.
- **Final weigh-in: April 4 at the YMCA of Vincennes, 2020 College Ave., 9 a.m. to 12 p.m.**
 - Alternate final weigh-in opportunities at Vincennes Active Nutrition, March 29 - April 3.
 - Winners announced at the YMCA immediately following the close of weigh-in.

*Initial and final weigh ins are required to be eligible for prizes.

- Optional: Bi-Weekly weigh ins
- Bonus: Complete all weigh ins and get a shaker with samples and a chance for a bonus prize
- For best InBody results and comparisons, complete InBody at the same time of day for each weigh in and don't scan right after completing a workout.

Earn Points

Winners will be based on most points earned.

- 1 pound of fat loss = 10 points
- 1 pound of muscle gain = 10 points
- 1% loss in body fat percentage = 10 points
- Participation: Earn an extra 10 points for each weigh in completed!

What's Included

- Nutrition guide
- Workout calendar
- Video exercise tips
- Active Nutrition Fit Manager App
- \$45 Individual 3-Month YMCA Membership
- Chance for great prizes



Active Nutrition Location and Hours:

Kimmel Crossing, 642 Kimmel Road, Vincennes
Monday - Saturday, 10 a.m. to 8 p.m.
Sunday, 12 to 6 p.m.

CHALLENGE INFORMATION

Prizes

Prizes will be awarded to the top 3 men and top 3 women who earn the most points.

- **First Place**

- YMCA Package (6-Month Household or Individual YMCA Membership, 4 Personal Training Sessions with Kolby Kotter, 1 Gym 3 Rental)
- \$150 Good Samaritan Therapy & Sports Performance Package
- Active Nutrition \$200 Gift Card
- Vincennes Texas Roadhouse VIP Pass

- **Second Place**

- YMCA Package (3-Month YMCA Individual Membership and 2 Personal Training Sessions with Kolby Kotter)
- \$100 Good Samaritan Therapy & Sports Performance Package
- Active Nutrition \$100 Gift Card
- Free Steaks at Vincennes Texas Roadhouse for a Year

- **Third Place**

- 3-Month Individual YMCA Membership
- \$50 Good Samaritan Therapy & Sports Performance Package
- Active Nutrition \$75 Gift Card
- Vincennes Texas Roadhouse Gift Basket



EXERCISE PROGRAMMING



[**CLICK HERE FOR
WORKOUT SCHEDULES**](#)

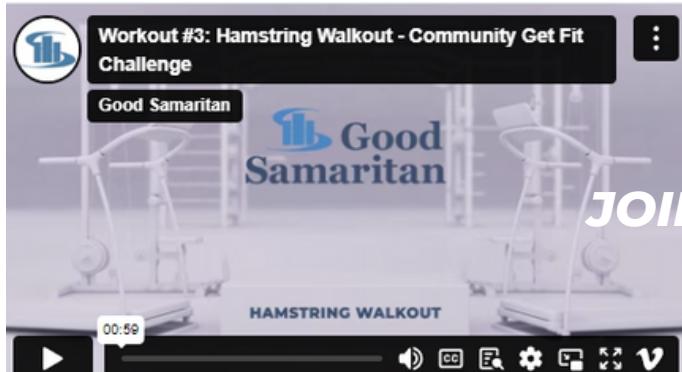
EXERCISE TUTORIAL VIDEOS

To help you get started, we created some tutorial videos of movements you will find in your daily workout plan. YouTube is a great resource for any other movements you aren't certain about.

SQUAT PROGRESSION



HAMSTRING WALKOUT



KETTLEBELL DEADLIFT



MOUNTAIN CLIMBER



YMCA PROGRAMMING

GROUP EXERCISE CLASS SCHEDULE



January 1, 2026
Thru
April 30, 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

YMCA PROGRAMMING

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.

NUTRITION

During your InBody scan, you will learn how many daily calories you will need to help reach your health and fitness goals. Myplate.gov is a great resource to figure out the right nutrition plan for you.

MyPlate Plan



The MyPlate Plan shows your food group targets – what and how much to eat within your calorie allowance. Your food plan is personalized, based on your age, sex, height, weight, and physical activity level.

[Get Your Plan](#)

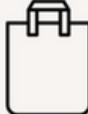
Start Simple with MyPlate App



Build healthy eating habits one goal at a time! Use the *Start Simple with MyPlate* mobile app to pick daily food goals, see real-time progress, and earn fun badges along the way.

[Explore the App](#)

Shop Simple with MyPlate Tool



Save money while shopping for healthy food choices! Use this tool to find cost-saving opportunities in your local area and discover new ways to prepare budget-friendly foods.

[Open Shop Simple](#)

MyPlate Quiz



Take the quiz today to find out if you are "making every bite count." You'll get personalized resources to *Start Simple with MyPlate*.

[Take the Quiz](#)

MyPlate Kitchen



MyPlate Kitchen provides recipes and resources to support building healthy and budget-friendly meals. Nutrition analysis provided on recipes to help consumers choose recipes that meet nutrition goals.

[Start cooking today](#)