

# HEALTHY LIVING

## PERSONAL TRAINING

### REALIZE YOUR POTENTIAL

By working with a trainer, you will receive instruction and encouragement to push yourself further than you can imagine. Ultimately we hope you can become your own personal trainer, having the confidence and motivation to take charge of your own health and wellbeing. You will love the energy you feel after a great workout with our trainers and the satisfaction of making fitness a priority in your life!

	4 Session Package		8 Session Package		12 Session Package	
	30 Min.	60 Min.	30 Min.	60 Min.	30 Min.	60 Min.
<b>Personal (1:1)</b>	M \$132 GP \$182	M \$265 GP \$365	M \$232 GP \$337	M \$465 GP \$675	M \$305 GP \$442	M \$610 GP \$885
<b>Partner Training (1:2-3)</b>	M \$80 GP \$160	M \$160 GP \$320	M \$140 GP \$217	M \$280 GP \$435	M \$187 GP \$272	M \$375 GP \$545

### SGPT: TRX TRAINING

Get fast, effective total-body workouts with TRX to strengthen your core, improve stability and increase muscular endurance. TRX is a total body resistance exercise that uses a suspension training system, making it possible for you to use your own body weight and gravity for an effective workout. Participants can customize the difficulty of their workout by making simple adjustments to the TRX system. Small group training offers individual attention by a certified personal trainer.

**TRX Fusion:** Monday 8:30-9:30am  
Friday 5:00-6:00am

**TRX 30:** Thursday 8:30-9:00am  
Fri. 8:00-8:30am

**Monthly Fees: \$60 Members -- \$120 General Public**



**Questions?**  
Contact Mathias Werve, Healthy Living Director  
Email: [mwerke@ymcaracine.org](mailto:mwerke@ymcaracine.org)



# GROUP FITNESS



## GROUP FITNESS SCHEDULES

Our group fitness schedule is available on our website at [ymcaracine.org/schedules](http://ymcaracine.org/schedules), on our MotionVibe site at [ymcaracine.motionvibe.com](http://ymcaracine.motionvibe.com) and our Racine Family YMCA app.

## RESERVATIONS:

Group fitness classes are for YMCA members age 14 and older (members under 18 must be accompanied by an adult). Reservations are required for our group fitness classes. Reserve your spot 7 days in advance through the MotionVibe site or on our Y mobile app.

## GROUP FITNESS "LIVE" ACTIVE OLDER ADULT CLASSES

Senior classes are fun and challenging. These low-intensity exercise classes are specifically designed to improve overall health with a good workout. Benefits: Muscular Strength, Cardiovascular Endurance, Balance, Flexibility, Mobility and Focus.

## CARDIO AND DANCE CLASSES

Cardio classes are fun and challenging workouts. These low, medium, and high intensity exercise classes are specifically designed for cardiovascular conditioning. Benefits: Coordination, Flexibility, Balance, Focus and Endurance.

## CYCLING CLASSES

Cycling classes are exciting and challenging workouts. These low, medium and high intensity exercise classes are specifically designed to build cardiovascular strength and endurance. Benefits: Increased Strength, Speed, Power and Endurance.

## PILATES & CORE CLASSES

Pilates and Core classes are energizing and challenging workouts. These low, medium and high intensity exercise classes are specifically designed to work all major muscles in the body. Benefits: Improved Flexibility and Increased Balance.

## STRENGTH AND CONDITIONING CLASSES

Strength and Conditioning classes are fun and challenging workouts. These low, medium and high intensity exercise classes are specifically designed to target the entire body utilizing a variety of traditional, functional and strength training tools. Benefits: Muscular Strength, Endurance, Cardiovascular Conditioning and Functional Fitness.

## WATER EXERCISE CLASSES

Water Fitness classes are fun and challenging workouts. These low, medium and high intensity exercise classes are specifically designed to be low impact and ideal for all fitness levels. Non-swimmers are welcome. Benefits: Improved Cardiovascular Endurance, Muscle Conditioning, Muscle Toning and Full Body Workout.

## YOGA & FLEXIBILITY CLASSES

Yoga and Flexibility classes are fun and challenging workouts. These low-intensity exercise classes are specifically designed to include a variety of non impact fitness options for all levels. Benefits: Improved Flexibility, Balance, Focus and Muscle Strengthening.

## BODYPUMP (LESMILLS)

Get toned, lean and fit with this total body workout, suitable for everyone.

## BODY COMBAT (LESMILLS)

Power your way to total fitness with this martial arts inspired workout. Available in 30 and 60 minute classes.

# LESMILLS

**Min. 6 participants for each class.**

**All participants must pre-register on our MotionVibe App**

## Questions?

Contact Angela Pedraza, Healthy Living Coordinator  
Email: [apedraza@ymcaracine.org](mailto:apedraza@ymcaracine.org)