

GROUP FITNESS

LIVE AND VIRTUAL CLASS DESCRIPTIONS

Your YMCA offers a wide variety of group fitness classes for almost every ability and interest. You'll find low-impact and beginner classes, cardio fitness, dance, Pilates, cycle and Yoga and more advanced cycle, boot camp and kickboxing classes.

GROUP FITNESS SCHEDULES: Our group fitness schedule is available on our website at ymcaracine.org/schedules, on our MotionVibe site at 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 our MotionVibe site or on our Y mobile app ([see Page 3 for details](#)).

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 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 classes are specifically designed to build cardiovascular strength and endurance. Benefits: Increased Strength, Speed, Power and Endurance.

DANCE CLASSES

Dance classes are fun and challenging workouts. These low and medium-intensity exercise classes are specifically designed to tone muscles, develop core strength and increase balance. Fitness Benefits: Cardiovascular Strength, Muscle Toning, Core Strength and Increased Balance.

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 & 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 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.

GROUP FITNESS "VIRTUAL"

Your Y membership now includes virtual fitness options including livestream classes with your favorite instructors and on-demand workouts from local and national Y instructors, plus all the exclusive Y content and resources you love. Participation is easy! Current members can log into MotionVibe and access Virtual YMCA to get started.

VIRTUAL "LIVE" & VIDEOS

As part of your membership, you can join the Y with "LIVE" workouts and videos hosted by our very own group fitness instructors to give you the comfort of your own home. To access, visit ymcaracine.motionvibe.com for class registration and link. Not yet a member? See Page 3 for sign-up details. In MotionVibe, you can register for the class and find the link to start the class.

VIRTUAL ON-DEMAND: YMCA 360

Welcome to the YMCA's on-demand healthy living network. It's your favorite classes, top instructors and the Y community available at home and on the road, 24/7 and 360 degrees! From Boot Camp to Yoga, Active Older Adults to Youth Sports, YMCA 360 matches your lifestyle with a growing library of online videos for children, teens and adults. Y members can view on demand videos by logging into MotionVibe.

LES MILLS VIRTUAL "STUDIOS"

LES MILLS™ Virtual workouts will be available soon at our Sealed Air Branch and Riverside!

We know keeping a routine has never been more important and you can't always make the scheduled "LIVE" classes, so we are bringing state-of-the-art virtual classes to our studios. LES MILLS™ Virtual workouts combine our world-leading fitness programs with pumping sound and motivation from some of the hottest instructors on the planet. It's a truly inspiring experience that will drive amazing results. Virtual classes are updated every three months with new choreography and music, just like our live classes. Many are also available in different lengths.

BODY PUMP™

Get toned, lean and fit with this total body workout, suitable for everyone. [View BODYPUMP.](#)

BODYCOMBAT™

Power your way to total fitness with this martial arts-inspired workout. Available in 30 and 60-minute format. [View BODYCOMBAT.](#)

BODYFLOW™

Combining yoga, Tai Chi and Pilates, this 30 or 55-minute class improves your mind, body and soul. Suitable for all. [View BODYFLOW.](#)

RPM™

A 30- or 50-minute indoor cycling class set to motivating music. Burn calories, get fit and feel euphoric. [View RPM.](#)

LES MILLS SH'BAM™

A series of 30-minute HIIT workouts, scientifically designed to deliver results through intense athletic training. [View SH'BAM](#)

LES MILLS SPRINT™

A 30-minute High-Intensity Interval Training (HIIT) workout using an indoor bike to achieve fast results. [View SPRINT™.](#)