

# 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](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 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](http://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™.](#)

# 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! Workout one-on-one, with a partner or as a small group by purchasing a personal training package at one of our Y locations. Sessions are 30 or 60 minutes and are available in packages of 4, 8 or 12 sessions.

Paid in Full Packages	4 Session Package		8 Session Package		12 Session Package	
	30 Minutes	60 Minutes	30 Minutes	60 Minutes	30 Minutes	60 Minutes
All fees are per-person						
Personal (1:1)	M \$124/GP \$172	M \$124/GP \$172	M \$124/GP \$172	M \$124/GP \$172	M \$124/GP \$172	M \$124/GP \$172
Partner Training (1:2-3)	M \$76/GP \$104	M \$144/GP \$196	M \$136/GP \$184	M \$256/GP \$360	M \$180/GP \$240	M \$348/GP \$468

Stop by the Welcome Desk for paid in full package terms. All packages expire in 6 months.

## GROUP PERSONAL TRAINING (SGPT)

### TRAIN TOGETHER

Enjoy all the benefits of personal training and make new friends as you reach your fitness goals with small group personal training. We offer a wide variety of training programs taught by certified instructors who provide you a safe, effective workout for your health and fitness needs. Already have a group of people who want to train together? You can create a small setting at the time and dates your group prefers.

Small Group Personal Training	3 Week Session		4 Week Session		5 Week Session	
	30 Minutes	60 Minutes	30 Minutes	60 Minutes	30 Minutes	60 Minutes
All fees are per-person						
Paid in Full	M \$19/GP \$24	M \$39/GP \$49	M \$24/GP \$29	M \$49/GP \$159	M \$29/GP \$34	M \$59/GP \$69
Monthly Plan (*2 Month Min.)	M \$17/GP \$22	M \$35/GP \$45	M \$22/GP \$27	M \$45/GP \$55	M \$27/GP \$32	M \$55/GP \$65

## 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: Mon 9:30-10:30am or Fri 5:00-6:00am TRX 30 Thu 8:30-9:00am or Fri 8:00-8:30am

## SPORTS & AGILITY TRAINING

There are many benefits of speed and agility training, including an increase in athleticism, confidence and improvement of fitness levels. The workouts improve acceleration, deceleration, foot speed, quickness and change of direction. If you want to get better at a sport you must develop your overall athleticism. Building an athletic foundation and motor skills is key and gives you the base to build your sport-specific skills in a balanced way. For first time sport players or veteran athletes it provides the opportunity to get faster, stronger and more skilled without risking overuse injuries due to using the same motions.

## SPECIALTY TRAINING

### PRE & POST REHAB TRAINING

An injury can have a dramatic effect on the quality of life. Recovery from injury or surgery can present a number of challenges that may take a physical, mental and emotional toll. The pre-rehab training will prepare you for your upcoming surgery. The post-rehab program provides a continuation of healing for individuals recovering from musculoskeletal injuries, after discharge from rehabilitative services and will assist you in returning to not only your normal daily activities but also to help you meet any fitness or sports goals. Your Physical Therapist will work directly with your certified Personal Trainer to relay the history of your injury or surgery and physical therapy as well as ensure appropriate exercise progression.

Program fee includes an eight-week program consisting of 12 visits with a certified personal trainer. Two 45-minute sessions per week during the first four weeks. One 45-minute session per week for the second four weeks. Sessions include warm up, land or water program and cool down/stretch. Fees: \$350 members/General Public \$450

For more information on training programs, contact Mathias Werve, [mwerke@ymcaracine.org](mailto:mwerke@ymcaracine.org) or call 262.898.4551

FALL I MEMBER REGISTRATION BEGINS AUGUST 12 • GENERAL REGISTRATION BEGINS AUGUST 15