

# GROUP FITNESS

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**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 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 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 & 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.

## LES MILLS “ON DEMAND” VIRTUAL GROUP FITNESS

Les Mills “ON”DEMAND” Virtual is available at the Y, when studios are not in use for “LIVE” classes. Schedules are available on our Group Fitness schedule in MotionVibe. Reservations can be made on our MotionVibe App or see our Welcome Desk staff for assistance.

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

**BODYATTACK™** A high-energy, fun and athletic workout focused on cardio fitness, stamina and agility. [View BODYATTACK™](#)

**LES MILLS BARRE™** A modern expression of classic balletic training; a 30 minute workout designed to shape and tone the muscles, build core strength. [View LES MILLS BARRE™](#)

**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™](#)

**THE TRIP™** is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds. [View THE TRIP™](#)

**LES MILLS CORE™** is a 30-minute core training workout that delivers quick results for all fitness levels. [View Les Mills CORE™](#)

**LES MILLS GRIT™** is a series of 30-minute high-intensity interval training (HIIT) workouts that deliver incredible fitness results, fast. Each of the LES MILLS GRIT workouts - Cardio, Strength and Athletic. [View GRIT™](#)

**BORN TO MOVE™** is a series of movement classes for different age groups: 2-3 years, 4-5, 6-7, 8-12 and 13-16. [View BORN TO MOVETM](#)

# PERSONAL TRAINING SERVICES

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## GROUP PERSONAL TRAINING 1:1 and Partner 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 Minutes	60 Minutes	30 Minutes	60 Minutes	30 Minutes	60 Minutes
Personal (1:1)	M \$124/GP \$172	M \$240/GP \$332	M \$224/GP \$312	M \$432/GP \$600	M \$300/GP \$420	M \$576/GP \$804
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.

## SMALL 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 trainers 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	
All fees are per-person	30 Minutes	60 Minutes	30 Minutes	60 Minutes	30 Minutes	60 Minutes
Paid in Full	M \$19/GP \$24	M \$39/GP \$49	M \$24/GP \$29	M \$49/GP \$59	M \$29/GP \$34	M \$59/GP \$69

## 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:** Members: \$350 members | Community Participants: \$450

### SGPT: WOMEN ON WEIGHTS

Designed for women who want to increase their strength and fitness, focus is on teaching exercise routines using free weights. Groups are small and are for beginner to advanced strength training.

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

### SGPT: 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.