

GROUP FITNESS

Mathias Werve, Healthy Living Coordinator
mwerve@ymcaracine.org • 262.898.4556

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 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](#)