

# HEALTHY LIVING

## Improving the nation's health & well-being.



The RACINE FAMILY YMCA health and fitness classes and programs are designed to build inner and physical strength. Those who engage in fitness programs enjoy the benefits of a healthier heart, lungs, bones and muscles. They also get to enjoy the benefits of friendship and community. By exercising within the limits of one's ability and learning ways to live a healthier lifestyle, individuals may improve their quality of life.

Most fitness classes are **FREE** for members, however classes do have daily maximums and are filled on a first come, first served basis. **Please register ahead to ensure availability.** Classes are subject to cancellation if minimums are not met.

### **ABS & TONING**

A challenging workout that tones & sculpts the entire body, using body weight, hand weights, resistance cables, stability balls and medicine balls.

### **ACTIVE OLDER ADULTS**

A cardio, strength & flexibility workout for the mature member.

### **AQUACISE**

Reduce the stress on your joints with a great cardio & resistance workout using noodles and buoys to tone and sculpt muscles.

### **AQUAROBICS**

Aerobic exercises, dance movements, cardio conditioning, body isolations with the results being total body conditioning.

### **AQUA SPLASH**

Fun, shallow waters exercises to improve agility, flexibility, and cardio endurance. No swimming skills required. You will use buoys, noodles & a special kickboard to develop strength, balance and coordination.

### **BAR INTERVAL**

A group strength class incorporating barbells.

### **BODYCOMBAT™**

BODYCOMBAT™ is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories\*\* in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.

### **BODY FUSION**

Total body workout with free weights, bands, balls.

### **BODYPUMP™**

BODYPUMP™ is for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP™ gives you a total body workout. Burn up to 590 calories. You'll leave the class feeling challenged & motivated.

### **BOOMERS CARDIO CIRCUIT**

A standing exercise class where Boomers, 55 or better, tone using cables and hand weights to strengthen, as well as sticks and small balls for hand dexterity. Up-beat music, with a great cardio workout.

### **CORE DE FORCE™**

KICKBOXING and MUAY THAI in 3-minute rounds – CORE DE FORCE workouts are broken into 3-minute "rounds"—just like a real boxing match. For 3 minutes, you'll attack Boxing, Kickboxing, and Muay Thai combinations. Bodyweight moves with a fat-blasting cardio spike in every round.

### **CORE FUSION**

Build full body strength focusing on the core muscle groups, using resistance bands.

### **CORERIP**

A strength class, you will use various exercises and strength building moves to sculpt all your major muscle groups. This class will help improve your body's overall functional strength, balance and coordination. Tone & reshape your body with this fun class.

### **DEEP WATER AQUACISE**

A social deep water fitness class, using flotation belts, water resistance, dumbbells and noodles to give a full body workout.

### **DEEP WATER FITNESS**

NO SWIMMING SKILLS NEED for this fun aqua class. Using flotation belts (optional and provided), participants will work out in zero-impact suspension in the large pool at own fitness level whether staying active, working aerobically, core strengthening or toning.

### **DOUBLE STEP**

60 minutes of step cardio using 2 steps.

### **EXTREME INTERVAL STEP**

This step class challenges cardio endurance with varying intervals.

### **FREE WEIGHTS**

Upper body toning using dumbbells, bands & balls

### **GOLDEN WAVES FUNCTIONAL WATER TRAINING**

Build stability of the core muscles in various ways, using exercise equipment in the water that strengthens & challenges the muscles.

### **GUTTS-N-BUTTS**

An intense workout to strengthen & define your abs, legs & glutes!

### **HIIT**

An intense class designed to strengthen & define your abs, legs & glutes!

### **INDOOR CYCLING**

An intense cardio workout in our indoor cycling class. Every workout is designed to challenge all fitness levels. **Pick up your cycle pass at the Welcome Center Desk. Class is first come first served.**

### **INDOOR CYCLING 30**

A 30 minute Indoor cycling class, great for beginners and seniors.

### **INSANITY® LIVE (not for the beginner)**

An intense cardio & calisthenics workout uses no equipment. Participants will perform long bursts of maximum intensity exercises with short periods of rest alternating between anaerobic and aerobic intervals.

### **KICKBOXING (Intermediate/Advanced)**

A kickboxing class using the upright bags, with punching and kicking drills. Core work and stretching completes the class.

Visit [ymcaracine.org/schedules](http://ymcaracine.org/schedules) for Group Fitness schedules or stop by Welcome Center.

# HEALTH AND WELLNESS

## MATURE MUSCLES

For those 55 or better who are looking for an energetic workout that engages both mind and body. This class uses hand weights and cables for toning and stability balls for core strength. Fun music brings the group through one hour of cardio and toning.

## METABOLIC MELTDOWN

Cardio & weight lifting intervals, body burning fat & building muscle, using dumbbells, medicine balls, weighted bars, steps, bosu ball and bands.

## PILATES

Pilates classes are performed on a mat. All exercises are zero impact and easy on the joints, strengthening the core muscles and gently increases flexibility. Instructors help modify exercises to accommodate all levels.

## PILATES STRETCH

A combination of Yoga and Pilates, giving you a great workout with both workouts in one.

## PILOXING®

A surprising blend of Pilates and boxing that will capture your interest and transform your body.

## P90X® LIVE (not for the beginner)

Short training cycles will constantly challenge muscles with variety and intensity. P90X Remix combines resistance, plyometrics, and cardio style workouts, known as muscle confusion. Never plateau your workout.

## SILVER SNEAKERS®

Silver Sneakers classes are safe, multilevel, and equipment-based total body conditioning classes for Medicare-eligible participants. Classes improve muscular strength, increase range of motion and flexibility.

## SILVER SNEAKERS® CARDIO CIRCUIT

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength using hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

## SILVER SNEAKERS® YOGA

A series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated & standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises & final relaxation will promote stress reduction & mental clarity.

## SINGLE STEP-BAR INTERVAL

Full body toning using body bars mixed with cardio on the step.

## STEP

All step classes are multi-level to appeal to everyone. Classes are taught by experienced energetic instructors.

## STRENGTH TRAINING

Improving muscular strength by gradually increasing resistance through the use of free weights and body weight. Strength training is designed to impose increasingly greater resistance, stimulating muscle strength to meet the added demand.

## TABATA HIIT

An intense workout that will take you thru Tabata Drills (20 sec) using the HIIT (high intensity interval training) concepts.

## TONING

Using stability balls, hand weights and resistance cables to tone and sculpt a healthy body.

## TONING AND BALANCE - LIGHT

Keep your entire body toned and fit in this energizing class. Challenging balance exercises will keep you on your toes.

## TRI-FITNESS SWIM WORKOUT

Stroke analysis & technique, drills, speed, endurance & efficiency. To join this class participants must be able to complete 25 yards & be safe in deep water. Our coaching staff will teach participants the rest. Great for Triathlete & fitness swimmers alike, looking for a pool challenge in a team environment.

**Wednesday/Friday 6:00-7:30am Sealed Air Branch**

**Monthly Fee: \$25 Member/\$40 General Public (2x/week)**

## WATER WORKS

High impact class moving to the beat of the music with cardiovascular fitness, coordination, flexibility and range of motion.

## WERQ

Fiercely fun dance fitness class based on pop, rock, and hip hop music.

## YOGA

Rest & relax in this class using stress relieving techniques along with yoga asanas.

## YOGA - CHAIR VINYANSA

Enjoy the benefits from Yoga seated in a chair. Working on leg strength, range of motion in shoulders & hips, both static & dynamic balance, core strength, stamina & flexibility.

## YOGA - GENTLE HATHA

Slow & gentle paced, concentrating on physical health & mental well being. Hatha yoga uses bodily postures & breathing techniques, with the goal of promoting balance & flexibility while bringing about a sound, healthy body & clear, peaceful mind.

## YOGA - HOT VINYASA (was Hot Yoga)

Hot yoga is vinyasa-style flow that is hot & sweaty, performed in a warm room because heat is purifying, cleansing & healing. Gain strength, flexibility & balance -intermediate flow. Added warmth prepares muscles & connective tissue for deeper stretches & facilitates perspiration which serves to cleanse the mind & body.

## YOGA - VINYASA FLOW

Traditional yoga, flowing from one posture to another, including pose holds and deep stretches. All levels welcome.

## YOGA - VINYASA

Fun, engaging class including sun salutations, standing poses, balancing postures, seated & reclining poses, all while connecting each pose to the breath. Modifications are explained for all postures to suit the needs of all ages & skill levels

## ZUMBA®

Zumba is a Latin dance-based fitness class. Salsa and merengue your way to a healthy, fit body.

## ZUMBA® TONING

Zumba Toning will target the abs, thighs, arms and other muscles throughout the body with the use of toning sticks or light hand held weights.



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### YMCA Mission Statement:

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.