

# Wellness

Register online now!

## GROUP EXERCISE

Members, ages 13 & older, may attend as many group exercise and water exercise classes as they wish, as a benefit of membership. No registration required! Members ages 9-12 may participate in select group exercise classes when accompanied by a parent or guardian.

### Group Exercise Classes include...

Group Cycling • Boot Camp • Body Sculpting • Pilates  
Yoga • Step • Core Strength • Tai Chi • Zumba • ZumbAtomic  
Senior Exercise Classes • Water Aerobics • Corepole  
Ab Solution • Easy Does It • Healthy Beginnings

## THE COACH APPROACH®

**The COACH APPROACH®** a six-month program free for members ages 18+: YMCA exercise support process designed to teach new or returning exercisers how to start and stick with their personalized exercise program. Learn how to:

- Kick the inactivity habit
- Shape workouts around activities you prefer
- Measure effects of exercise on mood, stress & energy
- Stay on track even when your schedule throws you a curve ball!

Schedule an appointment at the Membership Desk to meet with a wellness coach for a series of six, 1-on-1 meetings at no additional cost!

## RACQUETBALL LESSONS

**Racquetball Lessons** for facility members ages 9+: Need a little help with your game? Do you really know the proper way to serve, start, and rally? We have two well-trained instructors who love the game and can teach you all the ins and outs of racquetball.

MEM only:      30 minute lesson: \$30  
                         60 minute lesson: \$50

### Contact an instructor:

Al Cooper: 404-394-3483

Brett Kneisel: 770-826-6929



## FITNESS EQUIPMENT

**Fitlinxx and Equipment Orientation free for members ages 13+:** YMCA Wellness coaches are available to answer your fitness questions, provide instruction on how to use the FitLinxx-Training Partner technology and design a safe, effective exercise routine.

**Youth Policy ages 9-12:** may use Wellness Center equipment if the following requirements are met:

- Manufacturer safety requirements must be met. Participants must be 60" tall.
- An orientation must successfully be completed with a parent or guardian.
- Subsequent use of the area requires an parent/guardian present.
- Members 16 and older may use free weights independently.

## SPECIALIZED FITNESS PROGRAMS

**Easy Does It** ages 13+: This class is designed for beginners to provide gentle, non-impact movements. Water exercises increase joint flexibility, range of motion and maintain muscular strength. The class is done in shallow end of pool.

Session 1: January 1 - 31

Session 2: February 1 - 29

Session 3: March 1 - 31

Session 4: April 1 -30

Session 5: May 1 - 31

MEM: Free PRO: \$30/session

## YOUTH FITNESS PROGRAMS

**Fitness for Kids** ages 6-12: Come join the YMCA's circuit style class for kids. This class is extremely beneficial for day-to-day activities, coordination development, sports development and injury prevention. Your kids will love it!

Tuesday & Thursdays, 6:00 - 7:00 pm

Session 1: January 10 - February 16

Session 2: February 21 - March 29

Session 3: April 10 - May 17

MEM \$50 PRO \$71

**ZumbAtomic** ages 4-12: This co-ed program is designed just for kids where they will have fun in a Latin-inspired dance fitness program. Parents are invited to the last 10 minutes of class.

Wednesdays:

Children ages 4-7 3:40-4:10 pm

Children ages 7-12 4:15-4:50 pm

Session 1: January 10 - February 16

Session 2: February 21 - March 29

Session 3: April 10 - May 17

MEM: free PRO: \$5

## PERSONAL TRAINING

**Personal Training:** Available to facility members. Conducted by YMCA certified personal trainers only.

MEM only: \$50/hour • \$30/half hour



## MASSAGE THERAPY

**Massage Therapy:** Hard Day? Hard Week? Hard Workout? When life becomes stressful, let one of our Massage Therapists help you get rid of your stress. Contact the Front Desk to set up your appointment. Gift certificates also available!

MEM: \$55/hour \* \$35/half hour •

PRO: \$75/hour \* \$55/half hour

## SALSA, SABOR Y SALUD AT THE Y

**Salsa, Sabor y Salud at the Y for Latino Families with children ages 3-12:** Improve awareness of habits leading to better nutrition and increased physical activity.

Salsa, Sabor y Salud se elaboro con la meta de ayudar a familias Latinas con hijos 3 a 12 anos a entender la importancia de la actividad fisica y la nutricion en sus vidas. Se les proporciona la informacion y las herramientas que les ayudaran a establecer un equilibrio en sus vidas diarias al aumentar sus actividades fisicas asi como el consumo de alimentos saludables.