

Wellness

GROUP EXERCISE

Members, ages 13 & older, may attend as many group exercise & 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. Schedules are in the lobby or online at ddy.ymcaatlanta.org.

90+ Group Exercise Classes/Week!

Land Classes: Group Cycling • Body Pump • Cardio Salsa • Zumba • Sculpt • Pilates • Yoga • Tai Chi • Boot Camp • Core Strength • Step Water Classes: Aerobics • Easy Does It • Chi Splash

THE COACH APPROACH®

The COACH APPROACH®, Exercise Support Process 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 when your schedule throws you a curve ball!

Schedule appointment at the Membership Desk to meet with a wellness coach for a series of one-on-one meetings at no additional cost to you!

FITNESS EQUIPMENT

Fitlinxx Orientation free for members ages 13+: YMCA coaches are available by appointment to answer your fitness-related questions and instruct you on safe usage of our Cybex strength training, free weight and cardio equipment. *Schedule appointments at the Membership Desk.* **free for facility members ages 9-12:** May use select wellness equipment upon meeting the following criteria:

- Manufacturer & safety requirements (60" ht.)
- An orientation must successfully be completed with a parent or guardian present
- Workout only with parental supervision

MASSAGE

Massage Therapy: When life gets stressful, let one of our therapists help you relax.

MEM: \$60/60 minutes or \$40/30 minutes

Chair massages on Tuesdays: MEM: \$1/minute *(15-minute minimum)*



PERSONAL TRAINING

Personal Training members only ages 13+: Individualized strength training, cardio conditioning and weight management. Our trainers will educate and motivate you whether you are beginning an exercise program, breaking through a plateau, defeating boredom in your current routine, or conditioning for a competitive event.

Appointments only • MEM: \$45 per hour

Group Personal Training members only ages 13+: A great way to meet your fitness goals...Train with friends in a small group setting with a personal trainer. Classes will have a minimum of 4 and a maximum of 8 participants. Once group has been established, sessions will run for 6 weeks. MEM: \$60 for once a week, \$115 for twice a week or \$160 for three times a week

Sport specific training is available. Registration ongoing. Each participant must contact Morgan Rowe, 404-371-3302 or morganr@ymcaatlanta.org. All fees must be paid prior to first training session.

WELLNESS EVENTS

Black Tie/Little Black Dress Challenge members only ages 18+: Get into your best shape ever this holiday season! There will be a celebration party off-site in January where you can dress up and show off your success! November 7 - January 6
\$150 for 16 specialized training sessions
\$30 without training
Look for flyers in the lobby for more info.

Taylororganic Market: An organic market experience, right here at the Y.
The 1st and 3rd Thursdays of the month
2:00 - 7:00 pm