

Wellness at McCleskey/ Northeast Ys

Register online now!

Group Exercise Classes

Facility members 13+ may participate in unlimited exercise classes.

McCLESKEY GROUP EX SCHEDULE

Group Exercise Classes at McCleskey Y

Body Sculpting • Cross Training • Yoga • Group Cycling
Step Blast • Step `n Sculpt • Zumba
For more information email: lornal@ymcaatlanta.org.

Water Exercise Classes at McCleskey Y

Aquacise • Active Older Adult Water Exercise
Deep Water Workout • Hydroflex Water- Chi
Water Sport • Water Walking & Jogging

For more information email: sarahe@ymcaatlanta.org.

NORTHEAST GROUP EX SCHEDULE

Group Exercise Classes at Northeast Y

Cardio Kickboxing Group Cycling • Mat Pilates • Pure Muscle
Pure Strength RaceFit Cycle • Six-Pack Abs • Tai Chi
Upper Cuts • Below the Belt • Urban Groove • Yoga • Zumba
For more information email: lornal@ymcaatlanta.org

THE COACH APPROACH®

The COACH APPROACH®, An 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 even when your schedule throws you a curve ball! Schedule an appointment today!

The Coach Approach is included in the cost of your membership! Sign up at the Membership desk today!



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. Schedule appointments at the Welcome Center.

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

- Child must be 60" tall per manufacturer requirements.
- Successfully complete an equipment orientation (with parent/guardian present) and earn a Character Value Bracelet.
- Subsequent use of the area requires a parent/guardian present and the Character Value Bracelet visible to YMCA Staff.

Youth 9-12 yrs. may participate in group classes only if accompanied by a parent or guardian 18 years of age or older and who is a member. The following exclusions apply: Hi-Def and Cycling.

If a participant's safety is compromised, the YMCA Certified Group Exercise Instructors reserve the right to redirect a member to a more appropriate class.

KIDS FITNESS AT NORTHEAST Y

For more information, email christinal@ymcaatlanta.org

Kid Fit free for members ages 3-6: While mom and dad work out, the kids can enjoy a 30-minute class which includes frog jumps, jumping jacks, marching, hopping, and fun games that will keep them active.

Mon/Wed/Fri, 10:00 - 10:30 am Sign up at the Y-Pod!

On the Move free for members ages 5-12: Sports activities to keep your child engaged. After your child is signed in at the Y-Pod, staff members will gather them up every 30 minutes to take them to the basketball gym or arena to participate in group activities like basketball, soccer and volleyball. Appropriate athletic footwear and apparel should be worn.

Mon - Thurs, 5:00 - 7:00 pm

ADVANCED TRAININGS AT BOTH YS

TRX® Suspension® Training for members ages 13+: Designed by a Navy SEAL, TRX Suspension Training® is a complete total-body workout that helps athletes, military personnel, and general health seekers take their performance to the next level. TRX Suspension Training® is a revolutionary method of leveraged bodyweight exercise. Safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. Perfect for all fitness levels – from the beginner exerciser who just wants to get stronger and fitter to the professional athlete who needs peak performance.

Classes are offered on a monthly basis, 2 or 3x a week.

3 times a week – \$50/month (12 classes)

2 times a week – \$35/month (8 classes)

McCleskey:

M/W/F: 11:00 am • M/W: 7:15 pm

T/TH: 6:00 am, 11:00 am, 5:30 pm

Northeast:

M/W/F: 7:45 am, 9:45 am • M/W: 7:30 pm

T/TH: 5:30 am, 9:45 am, 5:45 pm



The Y offers certified personal trainers to assist you in becoming the strongest you possible!

ADVANCED TRAININGS • BOTH YS

One-on-one Personal Training for members ages 13+: Certified Y trainers will design an individual fitness plan geared to your specific needs. Maximize your results and reach your goals. By appointments only.

McCleskey & Northeast Ys: \$50/per hour

Group Training for members ages 13+: Six weeks of training for groups of 4-8 people. Strength training, core and cardio training. Monthly Sessions.

At Northeast Y: T/TH: 11:00 am - noon

MEM only: \$100 twice a week

Boot Camp ages 13+: Be all that you can be! This high intensity format includes calisthenics, speed & agility work, plyometrics and cardio drills in one power-packed hour. Although all exercise levels are welcome, it is designed for those seeking an intense boost to their workout routine. Emerge stronger, faster & fitter!

Northeast Y: Mon/Wed/Fri, 6:00 - 7:00 am

MEM: \$100/month PRO: \$150/month