

Wellness

Register online now!

GROUP EXERCISE

Group Exercise classes are included as a benefit in your facility membership at no extra charge for ages 13 and older! Select classes are offered for ages 9 to 12. Active Older Adult classes also are offered. TLC options are perfect for beginning exercisers and are noted on the schedule.

SCHEDULES are in the lobby or online at sby.ymcaatlanta.org

80+ GROUP EXERCISE CLASSES/WEEK

Zumba • Abs & Glutes • Turbo Kick™ • Group Cycling • Yoga Pilates • Step • Tai Chi • Cardio Groove • HEAT • Bosu Blast Water Aerobics • Senior Chair • Ballet Fit • Body Sculpting TRX Suspension Training

We also offer classes specifically designed for beginners for some of our more popular classes listed above. Look under TLC (The Learning Class) on the group exercise schedule.

THE COACH APPROACH®

THE COACH APPROACH®, an Exercise Support Process is 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 programs. Learn how to:

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

Schedule your 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 Wellness Orientation free for members ages 9+: 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.

Facility members ages 9-12: May use select wellness equipment upon meeting the following criteria:

- Manufacturer and safety requirements (60" ht.)
- Complete orientation with parent/guardian
- Workout only with parental supervision



PERSONAL TRAINING

Personal Training: Available to facility members in 1-hour sessions with YMCA training staff only.

MEM only: \$50 per hour private
\$35 per person semi-private

Group Personal Training: A 6-week session with a group of 4 to 8 participants which includes strength training, core work and cardiovascular training.

Session 1: March 28

Session 2: May 9

Session 3: June 20

MEM only: Twice a week, \$120

Three times a week, \$180

TRX Group Suspension Training: A 6-week session with a group of 6 to 8 participants. Please see schedule for days & times.

Session 1: May 7

Session 2: June 18

Session 3: July 30

Once a week classes: \$60/session

Twice a week classes: \$120/session

Three times a week: \$180

QUESTIONS? yvetteh@ymcaatlanta.org