

# Wellness

Register online now!

## 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** online at [sdy.ymcaatlanta.org](http://sdy.ymcaatlanta.org) with a link on the homepage... bookmark it!

## 80+ GROUP EXERCISE CLASSES/WEEK!

**Land Classes** for members, (ages 13+; select classes, ages 9-12): View schedules at [sdy.ymcaatlanta.org](http://sdy.ymcaatlanta.org).

**Water Classes** for members, ages 13 and up: All water aerobics classes are free to members.

Tuesday/Thursday: 9:00 a.m. • 7:30 p.m.  
Saturday: 12:00 p.m.

## 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

Meet with a wellness coach in the weight room to schedule an appointment for a series of one-on-one meetings at no additional cost to you!

## WALK/HIKE/BIKE CLUB

Join the club! We walk, hike, and bike our way around the Y and nearby trails. In case of poor weather, group will meet indoors.

Tuesday 8:00 a.m. Thursday 7:00 a.m.



**THE COACH APPROACH®** Exercise Support Process coaches thousands of Y members "back to health" each year!

## FITNESS EQUIPMENT

FitLinxx Orientation free for members, ages 13 and up: 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. Appointments at the weight room.

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

- Manufacturer safety requirements (60" height)
- Complete an orientation with a parent present
- Work out only with parental supervision

## HEALTH WEEK

On the first week of every month, we have a variety of health care professionals on site to answer your questions about everything from dermatology to nutrition.