

Wellness

Download the Group Ex Schedule

GROUP EXERCISE melissab@ymcaatlanta.org

Facility members age 13 & older may attend as many group exercise or water exercise classes as they wish, as a benefit of membership. No registration required!

SCHEDULES are in the lobby and online at wcy.ymcaatlanta.org, under 'Schedules' on the right-side blue bar... Bookmark it!

60+ Land Exercise Classes/Week

Body Sculpt • Boot Camp Cardio+Core • Cycle • Extreme Cycle • Fit Senior • Kickbox • HiDef • Hippy Shake • Jump n Abs • Pilates • Step • Challenge • Step & Sculpt Fitness • Zumba • Yoga

26 Water Exercise Classes/Week

Aquacise • Aquafit • Cardio Sculpt • Deep Water Interval • H2O Boot Camp • Hydro Power • Joint Friendly Fitness • Liquid Fusion • Long & Lean • Triathlon Training • Waterfit Senior

Joint Friendly Fitness ages 12+: Water exercise emphasizing mobility and flexibility.

M/W/F, 11:00 am

MEM: free PRO: \$49/twelve classes

Senior Water Fit ages 62+:

Tuesdays, 9:30 & 10:15 am • Thursdays, 9:30 am

MEM: free PRO: \$49/twelve classes

NEW! TRX®

Sessions: May 20 - June 30 & July 1 - August 11

MEM: \$48/1 day a week or \$78/2 days a week

TRX Suspension Training®: In a small group setting with individualized attention, utilize the TRX Suspension Training® System for a full-body workout. A 45-minute program that is sure to challenge you in new ways and will be a welcome change to your typical workout.

Mondays only, 6:00 - 6:45 pm

Wednesdays & Fridays, 11:00 - 11:45 am

TRX® Extreme Circuit: This 1-hour circuit-style TRX® program is for those ready for the next challenge! A small group setting with individualized attention, participants will dig deep to challenge themselves utilizing TRX® systems, plyometrics, heavy-bag boxing, battling rope, and more!

Sundays only, 3:30 - 4:30 pm

Mondays & Thursdays, 8:00 - 9:00 am

Tuesdays & Thursdays, 5:00 - 6:00 pm



PERSONAL FITNESS

The COACH APPROACH® Exercise Support Process A six month program provided free for members 18+: Maximize your membership with Coach Approach— a YMCA exercise support process designed to teach new or returning exercisers how to start and stick with their personalized exercise program. Make your first Coach Approach appointment at the Membership Office.

Learn how to:

- Kick the inactivity habit
- Shape workouts around activities you prefer
- Measure effects of exercising on mood, stress & energy
- Stay on track when schedules throw you a curve ball

FITNESS EQUIPMENT

Fitlinxx and Equipment Orientation free for members ages 9+: Y 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 in Membership Office.

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

- Complete orientation with parent/guardian present
- Workout only with parental supervision

PERSONAL TRAINING

Personal Training facility members ages 13+: May be used in 1-hour or 1/2-hour sessions with Y training staff only. By appt. only.

MEM only: \$50 per hour private

\$35 per person semi-private