

# Wellness: Fitness Classes

## Group Exercise Classes

Facility members 13 years old and up may participate in unlimited group exercise classes.

**SCHEDULES** online at [mcy.ymcaatlanta.org](http://mcy.ymcaatlanta.org), under 'Quick Links' & in the lobby.

### Group Exercise Classes

Body Burn • Body Sculpting • Cross Training • Yoga  
Group Cycling • HEAT • High Def • Hip Hop Hustle  
Pilates • Step Blast • Step 'n Sculpt • Zumba

### Water Exercise Classes

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

## 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 appointments at the Welcome Center!*

## Personal Training

**One-on-One Training *for members ages 13+:*** Increase your endurance and improve body composition.  
*Appointment only: \$50/hour-only. No packages.*

*Trainer bios available. Sessions can be purchased at the Welcome Center. Appointments made directly with the trainer.*

## Coming Soon!

**Wellstar Health Screenings:** *Wednesday, January 27*

**LifeLine Health Screening:** *Friday, March 19*

**Healthy Kids Day:** *Sunday, March 28*



## 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.

*Kathleen Russell*

**Sr. Wellness Director**  
phone: 770-578-2791

