

Health & Wellness

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Group Exercise

As a benefit of membership, members ages 13 and older may attend as many group exercise classes as they wish. No registration required! Members ages 9-12 may participate in select exercise classes when accompanied by a parent or guardian.

Over 85 group exercise classes per week...

Schedules are in the lobby or online at ncy.ymcaatlanta.org.

Coach Approach Y Training

The COACH APPROACH 6-month program free for facility members ages 18+: YMCA exercise support process designed to teach new or returning exercisers how to start and stick with their personalized exercise program.

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

Schedule your appointment at the Registration Desk to meet with a wellness coach for a series of one-on-one meetings at no additional cost!

Advanced Training

One-On-One Personal Training **facility members only:**

Certified YMCA personal trainer will design an individual fitness plan geared to your specific needs. Each session will maximize your results and motivate you to reach your goals.
\$50/hr. • \$135/3 hrs. • \$255/6 hrs. • \$400/10 hrs. • \$700/20 hrs.

Dynamic Duo Personal Training **two facility members:**

Sessions will be limited to one hour, and both participants must be at equal fitness levels. All participants subject to approval by the individual trainer, and both participants must be available for the same appointment time.

\$70/session • \$180/3 sessions • \$357/6 sessions • \$550/10 sessions

Boot Camp Fitness Training **ages 16+:** 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! 8-week sessions.

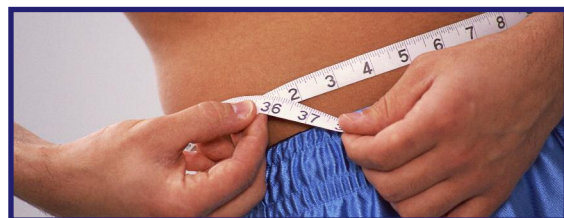
Mondays/Wednesdays/Fridays, 6:00 am – 7:00 am

Aug. 17 – Oct. 9 • Oct. 12 – Dec. 11

MEM: \$150/session PRO: \$200/session

Both sessions MEM: \$250 Both sessions PRO: \$350

**Sign up for both sessions and save \$50!*



Fitness Equipment

Equipment Orientation **free for ages 13+:** YMCA fitness trainers 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 Wellness Desk.

Equipment Use **members ages 9-12:** May use select wellness equipment ONLY IF the following criteria are met:

- Manufacturer and safety requirements must be met (60" height requirement).
- An orientation must successfully be completed with a parent or guardian present.
- Subsequent use of the area will require that a parent or guardian be present.

Screenings **open to the public!**

Community CPR **ages 12+:**

Learn adult, child and infant CPR.

August 22 and November 21

MEM: \$25 PRO: \$40

Preventive Health Screenings

Tuesday, September 8, 2009

Stroke, Vascular, Heart Rhythm and Bone Density (5 tests): \$145

Individual tests (start at): \$45

Racquetball

Racquetball Instruction: We now offer beginner to advanced lessons. One-hour sessions. By appointment only.

Private (1 person): \$40/hr.,

Semi-private (2 people) \$50/hr.

Group (3-4 people): \$60/hr.

