

Wellness: Free Y Fitness

Group Exercise

Facility members age 12 & older may attend as many group exercise or water exercise classes as they wish, as a benefit of membership. NO REG REQUIRED.

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

80 Land Exercise Classes/Week

Awesome Intervals • Body Sculpt • Boot Camp
Cardio+Core • Cycle • Extreme Cycle • High/Low • HiDef
Kick Blast • Pilates • Power Abs • Step Challenge
Step & Sculpt Fitness Body Chisel • Zumba! • Yoga

26 Water Exercise Classes/Week

Aquacise • Aquafit • Cardio Sculpt • Deep Water Interval
H2O Boot Camp • Hydro Power • Liquid Fusion
Long & Lean • Water Tai Chi • Waterfit Senior

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 Fitness Desk.

Learn how to:

- Kick the inactivity habit
- Shape workouts around activities you prefer
- Measure the effect of your exercising on mood, stress & energy
- Stay on track when your schedule throws you a curve ball

Fitness Equipment

Cybox FitLinxx Orientation *free for members 12+:*

YMCA strength trainers are available throughout the day to instruct you in the proper use of the equipment. Schedule your free, new member orientation or free exercise routine update by making an appointment at the Fitness Desk.

Parents must stay in the building while children are in programs.

Northwest YMCA • Fall 2009 • 770-423-9622 • wcy.ymcaatlanta.org



Wellness Classes

YMCA Running Club : Meet at Kennesaw Mountain in front of the flag pole at the Visitor's Center for a group run through nature!

Saturdays, on-going, 7:30 am

Team Wellness Challenge

Team Weight-Loss & Wellness Challenge *members only ages 18+:*

Are you motivated to lose weight, but aren't sure where to start? Then this is the challenge for you! Come be a part of a "team". Meet with your trainer and learn how to safely and effectively lose weight. Your trainer will meet with your team every 2 weeks to guide you and teach you new techniques to enhance your results. Enjoy a "group field trip" at the end of the challenge!

August 31 – November 20 (12 weeks)

Team Meetings every 2 weeks TBA

MEM: \$36 a person

Tough Tweens *ages 10-13:* A certified instructor will take your "tween" though age appropriate workouts, utilizing handweights, bands, medicine balls, stability balls, etc. Your tween's strength, endurance, and confidence will soar! (Great option to continue on from Fit Kids.)

Tues/Thurs 5:30 –6:15 pm

MEM: \$35



Wellness: Personal Training

Personal Training

Personal Training is for members 12 and older (unless noted otherwise). Trainer credentials and contact information are available in the Health & Wellness Director's office. Purchase appointments in the registration office. All training sessions must be used within six months of purchase. No refunds. Only Y Trainers are authorized to train in our Y.

One-On-One Personal Training: 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 sooner. By appointment only.

Teens: \$40/45min., \$115 for four 45-min. sessions

Adults: \$50/hr, \$138/3 hrs, \$390/10 hrs. or \$555/15 hrs.

Dynamic Duo Personal Training *for two members:* A certified personal trainer will work with you and your friend or spouse on a specific plan geared to meet you and your partner's needs. The sessions will be limited to one hour, and both participants must be at equal fitness levels. All participants are subject to approval by the trainer, and both participants must be available for the same appointment time.

Teens: \$48 hour or \$130 for 3 hrs

Adults: \$70 session or \$180 for 3 hrs

Body in Balance: Try this personal training package - a customized exercise routine with individual meal plans will help you reach your goals. Our certified personal trainers will work one-on-one to motivate you with innovative workouts while our registered dietitian will help you with your nutritional needs. Four one-hour sessions & one nutritional consultation. **MEM only: \$185**

XRKade Personal Training

Come use cutting edge technology where people become "human joysticks". You will improve your cardio fitness, speed & agility, coordination, balance and core strength. Not your typical workout!

Teens *ages 12-17:*

\$40 for one \$45 minutes session

\$115 for 4, 45 minute sessions

Adults

\$35 one hour \$95 three hours

\$265 ten hours \$375 fifteen hours



YMCA Trainers are equipped to provide you the latest fitness education to help you see results faster!

Creative Strength and Cardio

members only ages 18+: Small group setting to train effectively with strength and cardio components. Get an extra boost from your peers while utilizing a variety of tools and training methods such as medicine balls, BOSU and circuit training. First meeting in the Fitness Office!

Tuesdays & Thursdays, 9:00 – 10:00 am

Aug. 29 - Oct. 17 or Oct. 24- Dec. 19

MEM: \$60

One-on-One Personal Nutrition

Counseling: A registered dietician will analyze eating habits, along with medical history, in order to develop your plan.

Session: MEM: \$60 PRO: \$85

Follow-up: MEM: \$32 PRO: \$57



Preschool Fit Kids *members only, ages 3-5:*

Hey Kids! Join us for a fabulous fitness class just for you! Use balls, steps, jump ropes, relays and obstacle courses to help keep you strong. Wear tennis shoes and bring water! **See dates and times below!**

Fit Kids *members only, ages 5 1/2-10:*

Hey kids! Join us in the Aerobics Studio for a fabulous fitness class just for you! Use balls, steps, jump ropes, relays and obstacle courses to help keep your heart and body strong while having lots of fun. Wear tennis shoes and bring a water!

Tuesdays & Thursdays, 4:00 – 4:45 pm

Aug. 29 - Oct. 17 or Oct. 24- Dec. 19

MEM: \$20

No classes the week of Thanksgiving!