

Health & Wellness: Member Benefits

Group Exercise

Members, ages 13 & older, may attend as many group exercise and 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 (except for Group Cycling and Yoga). Schedules are in the lobby or online at swy@ymcaatlanta.org.

Group Exercise Classes...

Cycling • Butts & Gutts • Fat Burner • Creative Cardio
Yoga/Pilates • Cardio Sculpt • Hip Hop • Cross Training
Step Challenge • Blasting Abdominals • Stretch & Tone
Step Survival • Chicago Style Step

Water Exercise Classes...

Aqua Fit • Power Aqua Sculpt • H₂O Combo • Arthritis H₂O

Fitness

Cardio Theater: Your total entertainment system will enhance your cardiovascular workout by viewing cable television or listening to music. Headsets are available for \$10 at the registration desk or you can bring your own.

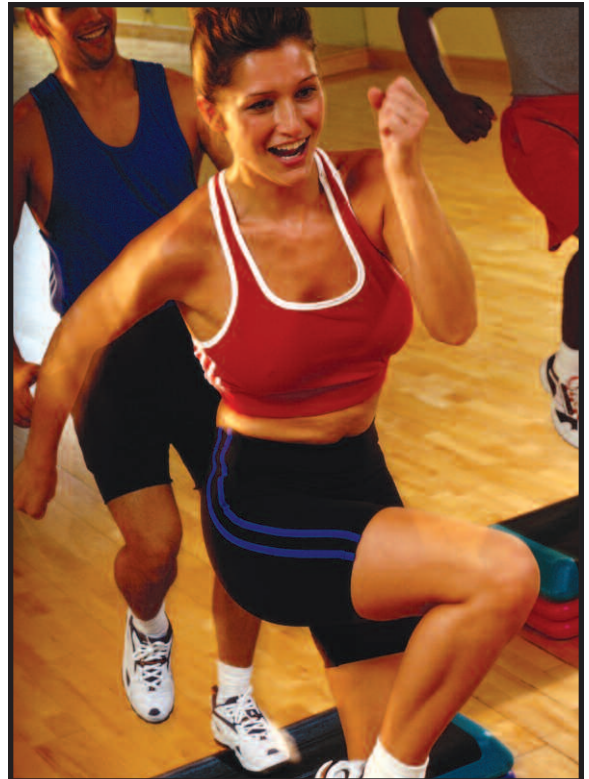
Fitlinxx Activity Partner: The Fitlinxx Activity Partner helps to make physical activity easy, fun and engaging by counting your steps throughout the day, everyday, from a small device on your shoe!

MEM: \$25

Fitlinxx Orientation *free for members ages 13+*: Fitlinxx is a computer interactive system that members use to keep track of their workout. This orientation will familiarize you with the proper use and settings for our equipment. *Schedule appointments at the front desk.*

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

- Manufacturer and safety requirements (60" H)
- An orientation must successfully be completed with a parent or guardian present
- Workout only with parental supervision at arm's length



The COACH APPROACH® Exercise Support Process coaches 1,000's of Y Members "back to health" each year!

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 an appointment at the Membership Desk to meet with a wellness coach for a series of six, 1-on-1 meetings at no additional cost!

