

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 Body Pump, Group Cycling and Yoga). Schedules are in the lobby or online at fpy.ymcaatlanta.org.

Group Exercise & Water Exercise Classes...

Over 85 classes offered per week!

Fitlinxx

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

Fitness Orientations

Fitlinxx Orientation *free for members ages 13+*: Fitlinxx is a computer interactive system that allows members 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
- Parental supervision at arm's length

***Proper athletic attire must be worn while exercising:
(tennis shoes, shirt, shorts, sweat pants or lycra).
No jeans, sandals, flip flops allowed on machines.***



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!



Health & Wellness: Training, Services & More

Personal & Group Training

Personal Training: Achieve and maintain your desired fitness level through strength training, cardiovascular conditioning and weight management. Contact Lisa Pierce for an appointment.

MEM: \$25/half-hour session • \$45/1-hour session

Train-To-Win: 2 members with one personal trainer

MEM: \$30/person/1-hour session

Special Services

Nutrition Counseling: Individual sessions are led by a registered-licensed dietician. Call Lisa Pierce for an appointment.

MEM: \$55/hourly session

Massage Therapy: Relax your mind. Enhance your workout. Chair massages are available on location. 15- or 30-minute sessions are available by appointment.

Mondays, 9:00 – 11:30 am

MEM: \$20 for 15 minutes

Aquatic Personal Training: Working 1 on 1, your certified trainer will create an individualized water exercise plan from assessments, lifestyle profiles, goals and personality. Great for athletes and seniors.

Individual (55 Minutes): MEM: \$50 PRO: \$65

Couple (55 Minutes): MEM: \$30/person PRO: \$45/person

Injury Assessments: 3rd Monday of each month. 15 minute sessions provided by registered, certified physical therapist. \$20/per session

Hydrostatic Body Fat Testing:

Monday, August 31st

9:00 am – 12:00 pm & 3:00 pm – 7:00 pm

Team Lean: A 12-week weight loss competition. Teams of 4 compete to lose the highest percent of weight. Weekly prizes & final grand prize for winning team!

Official weigh in date August 24

Final weigh in November 16

\$40/team



Wellness Events

Annual Breast Cancer Walk, October 5:

presentation by St Joseph's Hospital:

3 mile walk at 10am and 1 mile walk at 11:00am, followed by potluck lunch

Mammography Van: Oct 6

presentation by St Joseph's Hospital

Education Classes for Healthy Living

open to all: Lectures presented by Emory Hospital.

Last Monday of every month at 7:00 pm

Aug: Men's awareness/prostate cancer

Sept: Heart disease prevention

Oct: Breast cancer awareness with focus on men's breast cancer

Nov: Holiday tips for reducing stress

Healthy Cooking: Meal planning with Chef Carlin. 2nd Monday of each month.

Free to members!

Health Check:

Saturday Sept 5, 8:00 am-11:00 am &

Monday Sept 7, 7:00am – 10:00am

Flu Shots:

Saturday Nov 7, 8:00am – 11:00 am &

Monday Nov 9, 7:00 am – 11:00 am

Health Fair with Northside Hospital:

Thursday, Nov 19, 9:00 am – 3:00 pm

