

Health & Wellness

Group Exercise

Group Exercise classes are included as a benefit in your facility membership at no extra charge for ages 13 and older! Select classes are offered for ages 9 to 12. Active Older Adult classes are also offered.

SCHEDULES are in the lobby or online at sby.ymcaatlanta.org!

80+ Group Exercise Classes/Week

Abs & Glutes • Turbo Kick™ • Group Cycling • Yoga Pilates • Step • Tai Chi • Cardio Groove • Body Sculpting HEAT • Water Aerobics • Senior Chair Body Sculpting Arthritis Foundation Classes • Ballet Fit

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

Fitness Equipment

Fitlinxx Wellness Orientation *free for members ages 13+:* YMCA coaches 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 the Membership Desk.*

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

- Manufacturer and safety requirements (60" ht.)
- Complete orientation with parent/guardian
- Workout only with parental supervision

Community CPR

Sept. 19 • Oct. 17 • Nov. 21 • Dec. 19

MEM: \$50 PRO: \$60



Carl E. Sanders Family YMCA • Fall 2009 • 404-350-9292 • sby.ymcaatlanta.org



Personal Training

Personal Training: Available to facility members in 1-hour sessions with YMCA training staff only.

MEM only: \$50 per session

Group Personal Training: A 6-week session with a group of 4 to 8 participants which includes strength training, core work and cardiovascular training.

Session 1: September 21 – October 30

Session 2: November 2 – December 18
no class the week of November 23

MEM only: Twice a week, \$120

Three times a week, \$180

Y-TRI Adults: Join us to train for a triathlon. This class welcomes all levels of triathletes, but is geared toward beginners.

Thursday mornings

Swim: 10:00 am • Group Cycle: 10:30 am

Run (on site): 11:30 am

Maintain Don't Gain: A program that encourages you to practice healthy behaviors that will help you get through the holiday season without gaining those unwanted pounds. Weigh-in the week of October 26th. Weigh out the week of January 4th. \$20 without an Activity Partner or \$40 with the purchase of an Activity Partner. Registration begins September 14.

Drop in Clinic

Physiotherapy Associates will be holding a drop in clinic. Stop by with questions about muscle and joint pain, receive a consult and get information to get back to your regular workout program!

1st Tuesday (monthly), 8:00 – 10:00 am

2nd Tuesday (monthly), 4:00 – 6:00 pm

