

# Health & Wellness: Get Fit! Stay Young!

## 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 [ysy@ymcaatlanta.org](mailto:ysy@ymcaatlanta.org).

### Group Exercise Classes...

Cycling • Butts & Gutts • Stability Ball • Creative Cardio  
Yoga/Pilates • H.E.A.T. • 36-24-36 • S.P.R.I.N.T. • Karate  
Step Challenge • Stretch & Tone • Step Survival • Salsa  
Chicago Style Step

### Water Exercise Classes...

Aqua Fit • Deep Water Combo • Senior Pool Pals

## Fitness

**Cardio Theater:** Your total entertainment system will enhance your cardiovascular workout by viewing cable television or listening to music. You can bring your own headsets.

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

**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 with parental supervision at arm's length

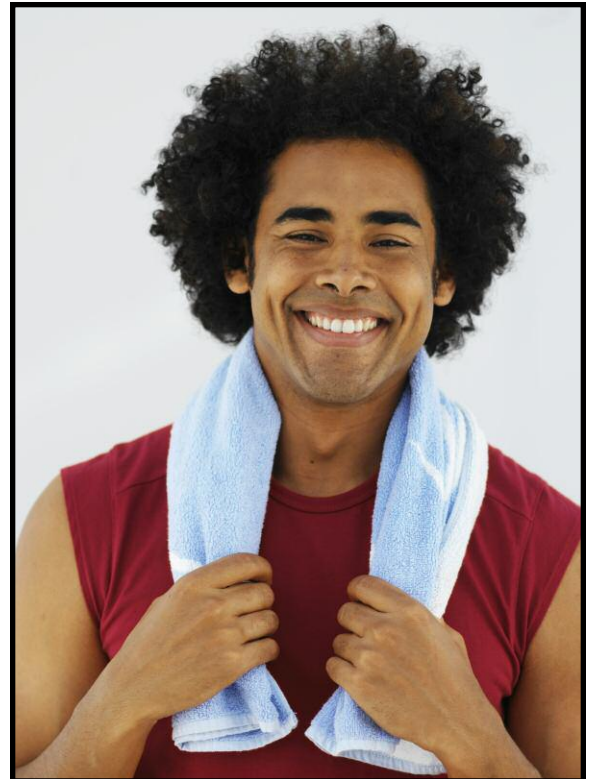
## Personal Training

**Fitness 300 *members ages 18+*:** 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



*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!*

