

# Wellness: Fitness Classes

## Group Exercise Classes

Facility members 13 years old and up may participate in unlimited group exercise classes.

**SCHEDULES** online at [cvy.ymcaatlanta.org](http://cvy.ymcaatlanta.org)

### Group Exercise Classes

Body Blast • 3,2,1 • Max Out • Yoga • Group Cycling  
Forever Fit • Cardio Blast • Cardio Kickbox • Pilates  
Cycle-lates • Cycle Circuit • H.E.A.T • Just ABS  
Max Out • Morning Stretch • Youth Body Blast  
Zone & Tone • Zumba

## 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 appointments at the Front Desk!*

## Personal Training

**One-on-One Training** *for members ages 13+:* Increase your endurance and improve body composition.  
*Appointment only: \$45/hour-only. No packages.*

*Package rates available. Contact the Front Desk for more information.*

*Audri Ross*

**Wellness Director**  
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## Fitness Equipment

**FitLinxx and Equipment Orientation** *free for members ages 13+:* YMCA Wellness coaches are available to answer your fitness questions, provide instruction on how to use the FitLinxx-Training Partner technology and design a safe, effective exercise routine. *Schedule appointments at the Front Desk.*

**Youth Policy:** Ages 9-12 may use Wellness Center equipment if the following requirements are met:

- Child must be 60" tall per manufacturer requirements.
- Successfully complete an equipment orientation (with parent/guardian present) and earn a Character Value bracelet.
- Subsequent use of the area requires a parent/guardian present and the Character Value bracelet visible to YMCA Staff.

Youth 9-12 years may participate in group classes only if accompanied by a parent or guardian 18 years of age or older and who is a member. The following exclusions apply: Cycling.

If a participant's safety is compromised, the YMCA Certified Group Exercise Instructors reserve the right to redirect a member to a more appropriate class.