

Health & Wellness: Member Benefits

Group Exercise

Members, ages 13 & older, may attend as many group exercise & 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. Schedules are in the lobby or online at ddy.ymcaatlanta.org.

90+ Group Exercise Classes/Week!

Land Classes: Group Cycling • Body Pump • Cardio Salsa • Zumba • Sculpt • Pilates • Yoga • Tai Chi • Boot Camp • Core Strength • Step **Water Classes:** Aerobics • Easy Does It • Chi Splash

The COACH APPROACH®

The COACH APPROACH®, 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

Fitlinx 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. **free for facility members ages 9-12:** May use select wellness equipment upon meeting the following criteria:

- Manufacturer & safety requirements (60" ht.)
- An orientation must successfully be completed with a parent or guardian present
- Workout only with parental supervision



Personal Training

Personal Training **members only ages 13+:**

An individualized program designed to assist you in achieving and maintaining a desired fitness level through strength training, cardiovascular conditioning and weight management. Our trainers will educate and motivate you whether you are beginning an exercise program, breaking through a plateau, defeating boredom in your current routine, or conditioning for a competitive event. Appointments only.

MEM: \$45 per hour

Group Personal Training **members only ages 13+:**

A great way to meet your fitness goals...Train with friends in a small group setting with a personal trainer. Classes will have a minimum of 4 and a maximum of 8 participants. Once group has been established, sessions will run for 6 weeks.

MEM: \$60 for once a week, \$115 for twice a week or \$160 for three times a week

Sport specific training is available. Registration ongoing. Each participant must contact Amanda Posey, 404-371-3302 or amandap@ymcaatlanta.org. All fees must be paid prior to first training session.

Massage

Massage Therapy: When life gets stressful, let one of our therapists help you relax.

MEM: \$60/60 minutes or \$40/30 minutes

Chair massages on Tuesdays:

MEM: \$1/minute (15-minute minimum)