

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/Sculpt, Group Cycling, Resist-A-Ball and Stability Ball). Schedules are in the lobby or online with a link on the homepage.

Group Fitness - FREE

Boot Camp • Beginning Cycle • Cycle • Core/Abs
Kickbox • Zumba • Zumba Gold for Older Adults • Pilates
Cardio Interval • Beginning Yoga • Yoga • Body Sculpting
Arthritis Foundation Exercise for Seniors • Tai Chi

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!

Wellness for Youth

Youth in Motion *ages 6-12:*

Mondays & Wednesdays

10:00 – 11:00 am



Melba Black

Wellness Director
phone: 678-341-6245
melbab@ymcaatlanta.org



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 Welcome Center.*

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 yrs. 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: Hi Def and 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.

Health & Wellness: Trainings

Group Exercise

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Group Fitness

CorePole Fitness: Add a new dimension to your workout. The exercises are easily integrated with other exercise methods such as Pilates, Yoga, cardio or strength training. It is the latest thing in relational group fitness!

Classic CorePole

M/W: 7:30 am, 10:00 am, 6:30 pm

TU/TH: 9:45 am, 11:00 am, 6:00 pm

Extreme CorePole

M/W: 7:45 pm

Pilates on the Pole

SAT: 8:40 am or SUN: 4:00 pm

Senior CorePole

M/W: 3:00 pm

Weekday: \$89 Weekday: \$44.50 Senior: \$66

Group Fit – Small Group Training Fitness: Enjoy the benefit of a small group with one-on-one instruction from a certified trainer. Each class will be designed to fit your personal fitness and health goals. (3-6 people in a group).

Adult Group Fit

M/W: 10:00 am • TU/F: 12:00pm, 7:00 pm

MEM only: \$89

Teen Group Fit (ages 13-17)

T/TH: 5:30 pm

MEM only: \$70

Optimal Conditioning : A small group exercise class designed to help you get into shape in a boot camp style format. This class is high intensity. Take your fitness level to the Optimal Extreme! (No more than 10 participants).

TU/TH: 10:00 am • July 13 - 22

MEM only: \$44.50



Group Fitness Session Dates

Registration starts on June 19

M/W	July 12 - August 4
T/TH	July 13 - August 5
SAT	July 17 - August 7
SUN	July 18 - August 8

Fitness Assessments

Fitness Assessments ages 18+: Check your heart rate, blood pressure, body composition, body circumference, cardio recovery, flexibility and upper body & abdominal endurance.

MEM Only: \$35 (Body Composition Only: \$10)

Running Club

FCY YMCA Running Club: This 8- week structured running club is designed to prepare you to run a 5K. Two instructor-led runs per week and a running plan for you to continue during the week. You will be running on the new greenway located at the Polo Fields. This is for beginner to intermediate runners.

September - November

Registers in August

MEM: \$45 PRO: \$65