

# Wellness

Register online now!

For wellness info: [kerryc@ymcaatlana.org](mailto:kerryc@ymcaatlana.org)

## 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

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

## AQUA FITNESS

Classes listed in Swim Section on page 9!

## 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:** Group exercise class for the kids! Meets in the gymnasium for group games, obstacles courses, fitness and sports drills. Help your kids get active today with this Free program!

Mondays & Wednesdays: 4:45 - 5:45 pm  
Tuesday & Thursday: 4:30 - 6:00 pm

## FITNESS EQUIPMENT

**Fitlinx and Equipment Orientation free for members ages 13+:** Y 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.



## FITNESS EQUIPMENT -continued-

**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).
- Subsequent use of the area requires a parent/guardian present.

Youth 9-12 years may participate in select group classes only if accompanied by a parent or guardian 18 years of age or older and who is a member.

Members 16+ may use free weights independently. Members 13-15 may use free weights with a parent or guardian (age 25+ and within arm's length) once a mandatory FitLinxx orientation is complete.

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

## TRX TRAINING

**TRX ages 13+:** Use your own body weight and gravity to build strength, balance, coordination, flexibility, and core while preventing injury.

**See our schedules page for more info!**

8 weeks - Once a week: MEM only: \$59  
8 weeks - Twice a week: MEM only: \$100