

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, Group Cycling and Yoga). Schedules are online at ymcaatlanta.org.

Group & Water Exercise Classes – 85+ classes offered per week

FITLINXX

Cardio Theater: Your total entertainment system will enhance your cardiovascular workout by viewing cable television or listening to music. Headsets are available for \$10 at the registration desk or you can bring your own.

FITNESS ORIENTATIONS

Fitlinxx Orientation free for members ages 13+: Fitlinxx is a computer interactive system that allows members to keep track of their workout. This orientation will familiarize you with the proper use and settings for our equipment. Schedule appointments at the front desk.

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
- Parental supervision at arm's length

THE COACH APPROACH®

The COACH APPROACH®, An Exercise Support Process A six-month program free for members ages 18+: A Y program designed to teach new or returning exercisers how to start and stick with their personalized exercise program.

- Kick the inactivity habit
- Shape workouts around activities you prefer
- Measure effects of exercise on mood, stress & energy
- Stay on track even when schedules throw 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!

EVENTS

Spinathon! Aquathon! Zumbathon!
Saturday, March 3



PERSONAL & GROUP TRAINING

Personal Training: Achieve and maintain your desired fitness level through strength training, cardio conditioning and weight management. Sign up at the front desk.

MEM: \$30/30 min. • \$50/1-hour

Train-To-Win: 2 members/one trainer

MEM: \$35/person/1-hour session

Group Training: 3-5 people

MEM: \$120/person/Eight, 1-hour sessions
ginal@ymcaatlanta.org

Adult Triathlon Training: Join other athletes as they prepare to complete a triathlon. Train each week and build your strength, speed, and overall endurance. Requirements: Must be able to swim 100 yds freestyle and bring your bike with gears.

12 weeks in February

Mondays, 10:30 am or 11:15 am

MEM \$150 PRO \$160

SPECIAL SERVICES

Healthy Cooking: Meal planning with Chef Carlin. 2nd Monday of each month. Free demons with samples

Education Classes for Healthy Living open to all:

Lectures presented by Kaiser Permanent covering health, nutrition, safety and more.

Last Monday of every month at 7:00 pm

Nutrition Counseling: Individual sessions are led by a registered-licensed dietician. Call Gina Lembo for an appointment. MEM: \$60/hr

Massage Therapy: Chair massages by appt.

Mondays, 9:00 – 11:30 am • MEM: \$15 for 15 minutes

Body Fat Testing: The most accurate body fat testing
MEM: \$25 PRO: \$45

Resting Metabolism Testing: Gives you knowledge to make better eating choices. MEM: \$55