

WELLNESS at McCleskey/ Northeast Ys

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Classes

Facility members 13+ may participate in unlimited exercise classes.

McCLESKEY GROUP EX SCHEDULE

Group Exercise Classes at McCleskey Y

Body Sculpting • Cross Training • Core Redefined • Yoga
Group Cycling • Step Blast • Step `n Sculpt • Zumba
For more information email: terrim@ymcaatlanta.org.

Water Exercise Classes at McCleskey Y

Aquacise • Active Older Adult Water Exercise
Deep Water Workout • Hydroflex Water- Chi
Water Sport • Water Walking & Jogging
For more information email: sarahe@ymcaatlanta.org.

NORTHEAST GROUP EX SCHEDULE

Group Exercise Classes at Northeast Y

Abs & Glutes • Athletic Conditioning • Cardio Kickboxing
Group Cycling • Mat Pilates • Pure Muscle • Pure Strength
RaceFit Cycle • Six-Pack Abs • Tai Chi • Upper Cuts Ultimate
Conditioning • Urban Groove • Yoga • Zumba
For more information email: lornat@ymcaatlanta.org

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 an appointment today!*

Wellstar Screenings

Northeast Y: October 19 (please call for an appointment)

Bloodrive

Northeast Y: December 27



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.

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Kids Fitness at Northeast Y

For more information, email christinal@ymcaatlanta.org

Kid Fit free for members ages 3-6: While mom and dad work out, the kids can enjoy a 30-minute class which includes frog jumps, jumping jacks, marching, hopping, and fun games that will keep them active.

Mon/Wed/Fri, 10:00 - 10:30 am *Sign up at the Y-Pod!*

On the Move free for members ages 5-12: Sports activities to keep your child engaged. After your child is signed in at the Y-Pod, staff members will gather them up every 30 minutes to take them to the basketball gym or arena to participate in group activities like basketball, soccer and volleyball. Appropriate athletic footwear and apparel should be worn.

Mon - Thurs, 5:00 - 7:00 pm

Advanced Trainings at both Ys

Boot Camp ages 13+: Be all that you can be! This high intensity format includes calisthenics, speed & agility work, plyometrics and cardio drills in one power-packed hour. Although all exercise levels are welcome, it is designed for those seeking an intense boost to their workout routine. Emerge stronger, faster & fitter!

Northeast Y: Eight- Sessions

Mon/Wed/Fri, 6:00 - 7:00 am

Session 1: Aug 9 - Oct 1 • Session 2: Oct 4 - Dec 3

\$150/session • Sign up for both and save \$50!

McCleskey Y: Six- Sessions

Mon/Wed: 6:00 - 7:00 pm & Fridays: 8:00 - 9:00 am

Session 1: Sept 6 - Oct 15 • Session 2: Oct 18 - Dec 3

\$150/session

One-on-one Personal Training for members ages 13+:

Certified Y trainers will design an individual fitness plan geared to your specific needs. Maximize your results and reach your goals. By appointments only.

McCleskey Y: \$50 per hour session

Northeast Y: \$50 per hour session; \$450 for 10 hours
\$800 for 20 hours



Fitness Classes at Northeast Y

Cyclefit ages 13+: Increase your power, endurance, and strength as you push yourself through a variety of high-intensity and functional workouts geared towards cyclists and endurance athletes. Program runs continuously throughout the year.

Wed/Fri, 6:00 - 7:00 am

Sat, 8:30 - 9:30 am

\$70 for 16 sessions • \$55 for 12 sessions

C.A.T. (Competitive Athletic Training) A

high-intensity and dynamic conditioning experience that increase athletic performance, boosts VO2 Max, fosters skill development and decreases body fat. Program runs throughout the year.

Mon/Wed/Fri/Sat, 10:00 - 11:00 am

Monday, 5:00 - 6:00 pm

\$70 for 16 sessions • \$55 for 12 sessions

Y-Run: Running workouts geared toward intermediate to advanced level runners. These workouts will increase speed, tempo, and endurance. Focus on form and mechanics will be stressed.

Tues/Thurs, 9:00 - 10:00 am

and 7:00 - 8:00 pm • \$120 for 10 sessions

Group Training for members ages 13+: Six weeks of training for groups of 4-8 people. Strength training, core and cardio training.

Session 1: Aug 9 - Sept 25

Session 2: Sept 27 - Nov 6

Session 3: Nov 8 - Dec 18

MEM only: \$120 twice a week

MEM only: \$180 three times a week

