

Health & Wellness

Lorna Loh
Wellness Director
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Group Exercise

As a benefit of membership, members ages 13 and older may attend as many group exercise classes as they wish. No registration required! Members ages 9-12 may participate in select exercise classes when accompanied by a parent or guardian.

24 different formats to include:

Schedules are in the lobby or online at ncy.ymcaatlanta.org.

Group Exercise Classes at Northeast Cobb Y

Strength-training • Conditioning • Choreographed cardio
Group Cycle • Pilates • Yoga • Zumba

Check out all our class descriptions online at ncy.ymcaatlanta.org

Coach Approach Y Training

The **COACH APPROACH 6-month program free for facility members ages 18+**: YMCA exercise support process 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 and energy
- Stay on track when your life throws you a curve ball!

Schedule your appointment at the Registration Desk to meet with a wellness coach for a series of one-on-one meetings at no additional cost!

Wellstar Community Health Screenings

Hemoglobin A1C	Thyroid Screening
Personal Wellness Profile	Bone Density Screening
Prostate Specific Antigen Test	Lipid Panel
Comprehensive Metabolic Panel	

Tuesdays, 7:00 am – 10:30 am
January 12 & April 20



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.

Wellness: Personal Training & More!

Advanced Training

One-On-One Personal Training *facility members only:* A certified YMCA trainer will design an individual fitness plan geared to your specific needs. Each session will maximize your results to help you reach your goals.

\$50/hr. • \$135/3 hrs. • \$255/6 hrs.

\$400/10 hrs. • \$700/20 hrs.

Dynamic Duo Personal Training *two facility members:*

Sessions will be limited to one hour, and both participants must be at equal fitness levels. All participants subject to approval by the individual trainer, and both participants must be available for the same appointment time.

\$70/session • \$180/3 sessions

\$357/6 sessions • \$550/10 sessions

Group Training *ages 16+:* Work out with a small group of four. Reap the benefits of a Personal Trainer but at a much more economical rate. One-hour sessions, twice a week for six weeks. (Twelve 1-hour sessions)

Group Training Options:

Tuesdays and Thursdays 10AM to 11AM

Tuesdays and Thursdays 11AM to 12 noon

Tuesdays and Thursdays 12 noon to 1PM

Tuesdays and Thursdays 1PM to 2PM

Session 1: January 12 – February 18

Session 2: February 23 – April 1

Session 3: April 6 – May 13

MEM: \$150 PRO: \$200



Boot Camp Fitness Training *ages 16+:* 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! 8-week sessions.

Mondays/Wednesdays/Fridays, 6:00 am – 7:00 am

Jan 11 - Feb 19 • Feb 22 - April 2 • April 5 - May 14

MEM: \$150/session \$250/Two-sessions

PRO: \$200/session \$350/Two-sessions

**Sign up for both sessions and save \$50!*



Advanced Training - continued

Strength + Speed = Cycle Power:

Cutting back on training time during the winter doesn't have to harm your cycling performance. Intensity is the key to maintaining fitness with fewer training hours. Given the proper intensity, your power at lactate threshold can be maintained or even improved during this period.

Tuesdays & Thursdays

5:30 - 6:30 pm

January 12 - March 4

MEM: \$125 PRO: \$195



Racquetball

Racquetball Instruction: We now offer beginner to advanced lessons. One-hour sessions. By appointment only.

Private (1 person): \$40/hr.,

Semi-private (2 people) \$50/hr.

Group (3-4 people): \$60/hr.

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