

Wellness: Group Exercise & Support

Group Exercise

Members, ages 13 & older, may attend as many group exercise & 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.

SCHEDULES are in the lobby or online at pcy.ymcaatlanta.org with a link on the homepage... Bookmark it!

60+ Group Exercise Classes/Week!

Land Classes for members, ages 13+: (select classes, ages 9-12) Group Cycling • Cardio 'n Sculpt Pilates • Yoga • Zumba • Athletic Core/Pilates Full Body Strength • Tai Chi • TurboKick Kickboxing • Basic Line Dancing • Step & Sculpt • Cycling & Treadmill Circuit

Water Classes members ages 13+: Advanced Aqua Sculpt Loosing Your Noodle • Water Aerobics Aqua Fit Introduction to Aqua Sculpt

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

Fitness Equipment

Fitlinxx Orientation *free for members*

ages 13+: YMCA coaches are available by appointment to answer your fitness-related questions and instruct you on safe usage of our Cybex strength training, free weight and cardio equipment. *Appointments at the Membership Desk.*



The COACH APPROACH® Exercise Support Process coaches 1,000's of Y Members "back to health" each year!

Fitness Equipment -continued

Facility members ages 9-12: May use select wellness equipment upon meeting the following criteria:

- Manufacturer and safety requirements (60" height)
- Complete an orientation with a parent or guardian present
- Workout only with parental supervision

Group Personal Training

A certified personal trainer will teach each group training session. Sessions consist of proper techniques for strength training to build muscle and speed metabolism. Each participant will receive a customized fitness program designed specifically for his/her fitness level: cardio, strength training and flexibility conditioning. Free fitness assessment at the beginning and end of each session.

Tues/Thurs, 11:30 am -12:30 pm or

Wed/Friday, 6:30 - 7:30 pm

Feb 23 - March 19 • March 30 - April 23

May 4 - May 28

MEM: \$80 PRO: \$105