

Wellness

Click the program title to register online!

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!

Click for our group ex schedule now!

Land Classes for members, ages 13+: (select classes, ages 9–12)

RIPPED • Cardio Core Conditioning • Sculpt/Cardio Intervals
Full Body Strength • Group Cycling • Pilates
Power Strength/Sculpt • High Energy Step
Total Body Conditioning • Yoga • Zumba • Zumba Gold

Water Classes members ages 12+:

Beginning, Intermediate and Advanced Water Aerobics

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 wellness coach for a series of one-on-one meetings at no additional cost to you!

ALWAYS HERE FOR OUR COMMUNITY



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

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.

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
- Parental supervision required

TRX SUSPENSION TRAINING

TRX Training ages 13+: TRX is a type of training that uses your own body weight and gravity, to build strength, balance, coordination, flexibility, core and joint stability, all while preventing injuries. You minimize your training time by working your whole entire body switching from one exercise to the next in just seconds and the best part is you engage your core every single exercise.

January 9 – March 10

*Click here to see TRX Schedule online!

One day a week: MEM: \$59 PRO: \$69

Two days a week: MEM: \$100 PRO: \$120