

Health & Wellness

Group Exercise

Group Exercise classes are included as a benefit in your facility membership at no extra charge for ages 13 and older! Select classes are offered for ages 9 to 12. Active Older Adult classes are also offered.

SCHEDULES are in the lobby or online at sby.ymcaatlanta.org!

80+ Group Exercise Classes/Week

Abs & Glutes • Turbo Kick™ • Group Cycling • Yoga Pilates • Step • Tai Chi • Cardio Groove • Body Sculpting HEAT • Water Aerobics • Senior Chair Body Sculpting Ballet Fit

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, energy & more
- 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!

Fitness Equipment

Fitlinxx Wellness 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. *Schedule 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" ht.)
- Complete orientation with parent/guardian
- Workout only with parental supervision



Personal Training

Personal Training: Available to facility members in 1-hour sessions with YMCA training staff only.

MEM only: \$50 per hour per person
\$35 per person (2 people)

Group Personal Training: A 6-week session with a group of 4 to 8 participants which includes strength training, core work and cardiovascular training.

Session 1: August 9 - September 17

Session 2: September 20 - October 29

Session 3: November 1 - December 9

MEM only: Twice a week, \$120

Three times a week, \$180

Drop in Clinic

Physiotherapy Associates will be holding a drop in clinic. Stop by with questions about muscle and joint pain, receive a consult and get information to get back to your regular workout program!

1st Tuesday (monthly), 8:00 – 10:00 am

2nd Tuesday (monthly), 4:00 – 6:00 pm

Community CPR

11:30 am – 4:00 pm

Aug 24 • Sept 18 • Oct 16

Nov 20 • Dec 18

MEM: \$50 PRO: \$60

