

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 sdy.ymcaatlanta.org with a link on the homepage... Bookmark it!

80+ Group Exercise Classes/Week!

Land Classes *for members, ages 13+:* (select *classes, ages 9-12*) schedules are posted on the web at sdy.ymcaatlanta.org.

Water Classes *members ages 13+:* All water aerobics classes are free to members.

Tuesday/Thursday, 9:00 AM • 8:30 PM

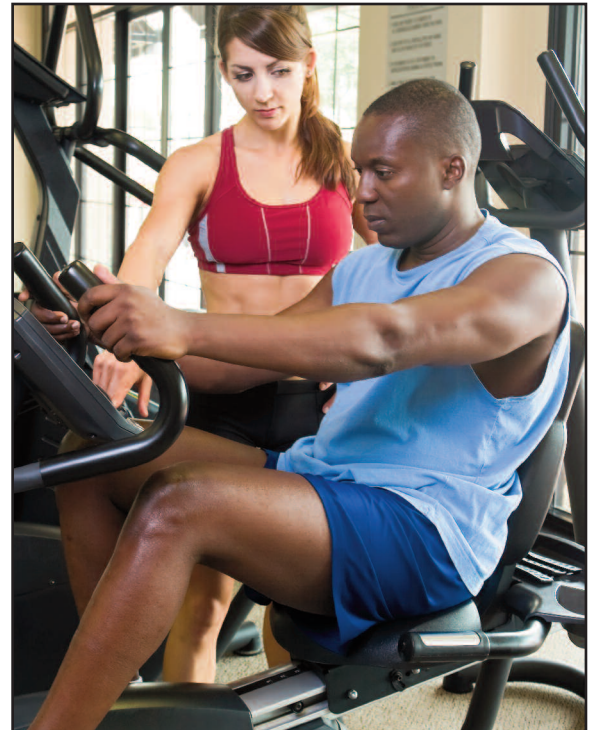
Saturday, 12:00 PM

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!



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
- Workout only with parental supervision