

Wellness: Free Y Fitness

Group Exercise

Members, ages 13 and older, may attend as many group exercise and water exercise classes as they wish, as a benefit of membership. No registration required (except for cycling classes - at the membership desk!). 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 tgy.ymcaatlanta.org, go to programs and “schedules”.

60+ Group Exercise Classes/Week including:

Boot Camp • Cycling • Line Dancing • Zumba • Step Sculpt • Pilates • Yoga • Yoga Lite • Cardio Fusion L.I.F.E. (Low Impact & Flexibility for Everyone) Land & Water • Kickboxing • Zumba Gold

15 Water Exercise Classes/Week!

The COACH APPROACH®

The COACH APPROACH®, Exercise Support Process *A six-month program free for members ages 18+:*

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!

Cardio Theater

Your total personal entertainment system will enhance your cardiovascular workouts by viewing cable television or listening to your own CD's. Bring your own 1 prong headphones!

FitLinxx™

No need to track your workouts - the FitLinxx™ System does it for you. Enter your ID Number, which you'll create during your orientation, and you're ready to go. You are able to input your workouts online at home or while traveling. *Schedule appointments at the membership desk.*



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 weights and cardio equipment. *Appointments at the Membership Desk.*

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

- Manufacturer & safety requirements (60" ht.)
- Use of the area will require that a parent or guardian is directly supervising (within an arm's reach)

Instructional Wellness Sessions

Our wellness coaches lead a variety of instructional sessions which cover many areas such as functional strength, balance, coordination, basic moves for specific classes and weight training for sports such as golf and tennis. These are available free of charge. Check the schedule of sessions online at tgy.ymcaatlanta.org, go to Programs and “Schedules”.

Mondays (2nd & 4th), 8:30 am: Athletic Intervals

Mondays (1st, 3rd, 5th) 8:30 am: Intro to Free Weights

Wellness: Y-Fit Programs

Cross Training Opportunities

Lap Swim Time: At least one lap lane open at all times. Check schedules online at tgy.ymcaatlanta.org, go to programs and “schedules”.

Open Swim: Spend time with your family, work out on your own or walk/run in water to rehabilitate injuries. Check schedules online at tgy.ymcaatlanta.org, go to programs and “schedules”.

50 Mile Swim Club™: Track your pool laps on our FitLinxx and when you reach 50 miles, get a free t-shirt! Start anytime! Call Chip at 770-513-5949 to sign up.

Races

Community Races: Sign up and join other runners from the YMCA, at local races, and enjoy running or walking with friends (wellness bulletin board). Contact Rhonda Tingle at the YMCA or call 770-513-5953 to sign up.

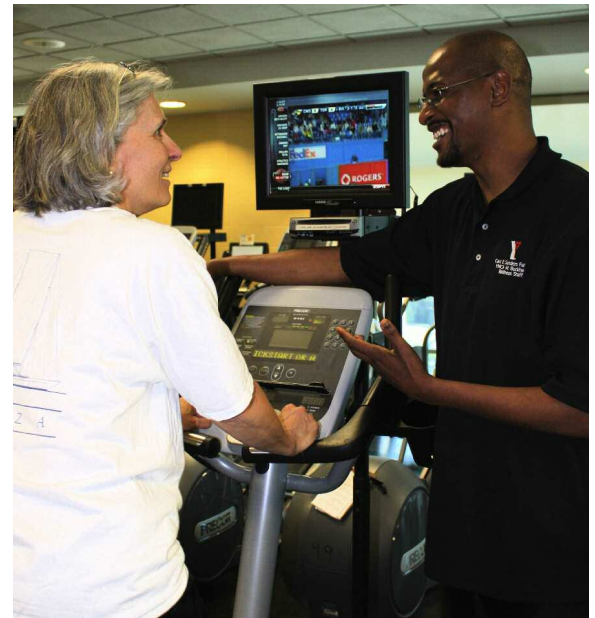
Sports

Supervised Adult Basketball Pick-Up *ages 18+:*
Mondays & Wednesdays, 6:30 – 8:30 pm

Supervised Pick-Up Coed Volleyball *ages 16+:*
Tuesday Nights, 6:30 – 8:30 pm

Racquetball Challenge Night
Thursdays, 5:00 – 9:00 pm on courts A, B & C

Racquetball Leagues and Clinics: Check the bulletin board by the racquetball courts for upcoming clinics and leagues.



YMCA Trainers are equipped to provide you the latest fitness education to help you see results faster!

Personal Training

Personal Training *ages 13+:* An individualized program that is designed to assist you in achieving & maintaining a desired fitness level through strength training, cardiovascular conditioning and weight management. Our trainers will educate and motivate you whether you are beginning an exercise program, breaking through a plateau, defeating boredom in your current routine, or conditioning yourself for a competitive event.

Appointments only.
MEM: \$45 per hour

Personal Training programs are only available to facility members. Sport specific training is available.

Contact Wellness Director Rhonda Tingle at 770-513-5953 to schedule personal training sessions.

**Register for over 1,000 programs
with our NEW Online Registration!**