

## 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. 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](http://tgy.ymcaatlanta.org), go to programs and "schedules".

### 60+ Group Exercise Classes/Week including:

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

### 15 Water Exercise Classes/Week!

Including Aqua Chi • Aqua Zumba • Pool-lates  
Aqua Bootcamp • Aqua Zumba • Splash Dance Party  
•Twinges (Arthritis)

## 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)

## CROSS TRAINING OPPORTUNITIES

**Lap Swim Time:** At least one lap lane open at all times. Check schedules online at [tgy.ymcaatlanta.org](http://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](http://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 770-513-5948 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 Adult Volleyball ages 18+:**  
Tuesdays: 8:00 – 9:45 pm (Feb 22 – 6:30 – 8:30 pm)  
Thursdays: 8:30 – 9:45 pm (Feb 22 – 6:30 – 8:30 pm)

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

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



Y Staff are equipped to provide you the latest fitness education to help you see results faster!

## PERSONAL TRAINING

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

**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

**Group Personal Training ages 13+:**  
A great way to meet your fitness goals or train with a friend! Train in a 2:1 ratio with a personal trainer.

MEM: \$27 hour/per person

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