

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 and contact Aquatic Office when done. See 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+:*

Wednesdays, 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.

Youth and Adult Tennis Lessons *ages 8+:* Want to learn the basics of the game? Join our classes (minimum 4). For more info, call Jennifer Minor at 770-513-5950.

Six, 1-hour lessons • MEM: \$90 PRO: \$120

Adult Pickup Basketball *ages 18+:* We will have organized 4 - on - 4 cross court games. Request a basketball pass from the front desk when they can your membership Card. This pass will then be given to the gym supervisor, who will sign you in.

Monday and Wednesday, 6:30 - 8:30 pm (Members Only)

Contact Danny - 770-513-5962



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

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

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

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