

Health & Wellness: Member Benefits

Group Exercise

As a benefit of membership, members ages 13 and older may attend as many group exercise and water aerobics classes as they wish. No registration required! Members ages 9-12 may participate in select group exercise classes when accomplished by a parent or guardian.

Schedules are in the lobby or online at vcy.ymcaatlanta.org.

Over 30+ Group Exercise Classes/Week including...

For members 13 and older (select classes available for ages 9-12):

Group Cycling • Step & Sculpt • Pilates • Yoga • Tai Chi
Cardio Kickbox • Cardio Pump • Body Sculpt • Total Body
Step & Funk • Sr. Fitness • Sr. Chair Aerobics
Water Aerobics • Sr. Water Aerobics

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 an appointment at the Membership Desk to meet with a wellness coach for a series of six, 1-on-1 meetings at no additional cost!

Fitness Equipment

Fitlinxx and Equipment Orientation *free for members ages 13+:* YMCA Wellness coaches are available to answer your fitness questions, provide instruction on how to use the FitLinxx-Training Partner technology and design a safe, effective exercise routine. Schedule your appointment at the Membership Desk.

Health Testing

Blood Pressure Screening & Body Mass Index (BMI):

Blood pressure screening will assess the force in your arteries when the heart beats and is at rest. A BMI test determines whether you are within a healthy weight range.

Free service Mondays & Wednesdays in the lobby

11:00 am – 12:00 pm & 4:30 – 5:30 pm



Youth Policy: Wellness, Free Weight and Group Fitness Guidelines:

- Members 13 & older may use the wellness center independently once a FitLinxx orientation is completed.
- Members 9 – 12 may use the wellness center under direct supervision (within arm's length) of a parent or guardian once a FitLinxx orientation is completed. Youth 12 & younger must check in with YMCA staff upon arrival.
- Members 16 & older may use the free weight area independently.
- Members 13 – 15 may use the free weight area with direct supervision (within arm's length) of a parent or guardian, once a FitLinxx orientation is complete.
- Members 13 years & older may participate in group exercise classes.
- Members 9 – 12 may take classes if accompanied by an adult but are excluded from Group Cycling, Body Pump, Resistaball/Stability Ball.
- Members 8 & younger may participate in age-appropriate classes.

Youth 9-12 yrs. may participate in group classes only if accompanied by a parent or guardian, 18 years of age or older and is a member. If the safety of a participant is compromised, the YMCA Certified Group Exercise Instructors reserve the right to redirect a member to a more appropriate class.