

Wellness

Download the Group Ex Schedule

GROUP EXERCISE

Facility members age 13 & older may attend as many group exercise or water exercise classes as they wish, as a benefit of membership. No registration required!

SCHEDULES are in the lobby and online at wcy.ymcaatlanta.org, under 'Schedules' on the right-side blue bar... Bookmark it!

60+ Land Exercise Classes/Week

Body Sculpt • Boot Camp Cardio+Core • Cycle
Extreme Cycle • Fit Senior • Kickbox • HiDef
Hippy Shake • Jump n Abs • Pilates • Step • Challenge
Step & Sculpt Fitness • Zumba • Yoga

26 Water Exercise Classes/Week

Aquacise • Aquafit • Cardio Sculpt • Deep Water Interval
H2O Boot Camp • Hydro Power • Liquid Fusion
Long & Lean • Water Tai Chi • Waterfit Senior • Aqua Shake

PERSONAL FITNESS

The COACH APPROACH® Exercise Support Process A six month program provided free for members 18+: Maximize your membership with Coach Approach– a YMCA exercise support process designed to teach new or returning exercisers how to start and stick with their personalized exercise program. Make your first Coach Approach appointment at the Membership Desk.

Learn how to:

- Kick the inactivity habit
- Shape workouts around activities you prefer
- Measure effects of exercising on mood, stress & energy
- Stay on track when schedules throw you a curve ball

WELLNESS CLASSES

YMCA Running Club: Meet at Kennesaw Mountain in front of the flag pole at the Visitor's Center for a group run through nature! Saturdays, on-going, 7:30 am

PERSONAL TRAINING

Personal Training: Available to facility members ages 13 and up. May be used in 1-hour or 1/2 hour sessions with YMCA training staff only. By appointment only.

MEM only: \$50 per hour private
\$35 per person semi-private



FITNESS EQUIPMENT

Fitlinxx and Equipment Orientation free for members ages 9+: 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 appointments at the Membership Office.

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

- Complete orientation with parent/guardian
- Workout only with parental supervision

FIT KIDS – FIT KIDS & PRESCHOOL FITKIDS

Fit Kids ages 3-5 & 6-10: Come join us for a fabulous fitness class just for you! Use balls, steps, jump ropes, relays and obstacle courses to help keep you strong and fit. Wear tennis shoes and bring water!

Tuesdays and Thursdays, 4:05 – 4:50 pm

January 16 – March 9

or March 12 – May 11

MEM only: \$25

*no class week of Spring Break!

Parents must stay in the building while children are in programs.