

Wellness: Free Y Fitness

Group Exercise

Facility members age 12 & 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!

80 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 the effect of your exercising on mood, stress & energy
- Stay on track when your schedule throws you a curve ball

Fit Kids

Fit Kids ages 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, 4:00 - 4:45 pm

Aug 16 - Oct 16 or Oct 18 - Dec 18

MEM only: \$20



The COACH APPROACH® Exercise Support Process coaches 1,000's of Y Members "back to health" each year!

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 appointments at the Membership Office*

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

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

Wellness: Personal Training

Personal Training

Personal Training is for members 12 and older (unless noted otherwise). Trainer credentials and contact information are available in the Health & Wellness Director's office. Purchase appointments in the registration office. All training sessions must be used within six months of purchase. No refunds. Only Y Trainers are authorized to train in our Y.

One-On-One Personal Training: Certified YMCA personal trainer will design an individual fitness plan geared to your specific needs. Each session will maximize your results and motivate you to reach your goals sooner. By appointment only.

Teens: \$35/hr, \$96/3 hrs, \$300/10 hrs. or \$420/15 hrs.

Adults: \$50/hr, \$138/3 hrs, \$390/10 hrs. or \$555/15 hrs.

Dynamic Duo Personal Training *for two members:* A certified personal trainer will work with you and your friend or spouse on a specific plan geared to meet you and your partner's needs. The sessions will be limited to one hour, and both participants must be at equal fitness levels. All participants are subject to approval by the trainer, and both participants must be available for the same appointment time.

Teens (per pair): \$48/hr, \$130/3 hrs, \$400/10 hrs

Adults (per pair): \$70/hr, \$180/3 hrs, \$510/10 hrs

Body in Balance: Try this personal training package - a customized exercise routine with individual meal plans will help you reach your goals. Our certified personal trainers will work one-on-one to motivate you with innovative workouts while our registered dietitian will help you with your nutritional needs. Four one-hour sessions & one nutritional consultation. **MEM only: \$185**

MMA Style Conditioning *members only ages 15+:* Step up and shake up your training regiment with this eight week, 90 minute Pro-fighter style class for men and women! Cross-Train with boxing, kick-boxing and martial arts techniques to round out your workouts and build strength. Handwraps and gloves suggested but not required. Ability to work in a medium to heavy impact class, from punching and kicking actual targets, to martial arts wrestling with physical contact required.

Thursdays, 5:30 - 7:00 pm

MEM only: \$60

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



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

Aquatic Personal Training *members only, ages 13+:* Stretch and condition your body and meet your individual goals. Great for post-rehabilitation. By appointment. Must be used within 6-months of purchase.

Teens: \$35/hr, \$96/3 hrs, \$300/10 hrs. or \$420/15 hrs.

Adults: \$50/hr, \$138/3 hrs, \$390/10 hrs. or \$555/15 hrs.

XRKade Training: Come use cutting edge technology where people become "human joysticks". You will improve your cardio fitness, speed & agility, coordination, balance and core strength. Not your typical workout!

Teens *ages 12-17:*

\$40 for one \$45 minutes session

\$115 for 4, 45 minute sessions

Adults

\$35 one hour \$95 three hours

\$265 ten hours \$375 fifteen hours



One-on-One Personal Nutrition Counseling: A registered dietician will analyze eating habits, along with medical history, in order to develop your plan.

Teens: \$35/hr, \$96/3 hrs, \$300/10 hrs. or \$420/15 hrs.

Adults: \$50/hr, \$138/3 hrs, \$390/10 hrs. or \$555/15 hrs.