

Fitness & Wellness.



The YMCA's commitment to holistic health – spirit, mind and body – is why people from all over Mecklenburg, South Iredell, Lincoln and Union counties depend on the YMCA of Greater Charlotte for their overall well-being. “I like the Y because it’s family oriented. It’s not intimidating. Everyone here is really, really friendly. There are so many options with the swimming pool, the gym... the whole nine yards.”
- Lauren Thompson

fitness/
wellness

FITNESS

T A AO One-On-One Personal Training

Personal trainers will give you one-on-one expert advice, motivation and detailed exercise programs designed to take you to your next level of health and fitness. Learn proper exercise technique, progression and goal setting.

Why do you need a personal trainer?

One size workouts do not fit all. Let us customize a program to help you:

- Reach a higher altitude of well-being
- Increase our strength and endurance
- Get motivated
- Get into a new workout zone if you've hit a plateau

E Y T Youth Fitness Orientation

Youth members ages 10 - 15 may use the McCrorey Fitness Center while accompanied by a parent, after participating in a short introduction to the equipment. Register at the Member Courtesy Counter (ongoing).

E Y T Fitness Orientation

Members, start out on the right foot with a FREE fitness orientation to show you how to properly use all equipment.

E Y T Fitness Assessments

When it comes to getting healthier, some of the keys to success are motivation, personal attention and goal-setting. Our trained health and wellness staff members are here to provide these tools. So use us! Whether you are new to exercise, have tried it before or are ready to move to a new fitness level - just schedule an appointment at our member courtesy counter and we will introduce you to a variety of exercise options including cardiovascular and strength training equipment. Your fitness appointment is free with your membership.

E Y T Healthy Kids Day

YMCA Healthy Kids Day is a free, fun-filled day of activities designed to promote healthy kids and families in spirit, mind and body. YMCA Healthy Kids Day community-based events celebrate making fitness fun, and introduce kids to an array of YMCA programs that teach healthy behaviors and healthy ways to play an essential lesson in learning how to take care of themselves throughout their lifetimes.

WELLNESS

Our Carolinas Healthcare Wellness Center is meant to attract participants who want to embrace and maintain a healthy lifestyle. Our onsite nurse and Wellness staff provide seminars, health education, screenings and a host of other services. The center is open to members and non-members. Fees may apply for some services. Contact the CMC nurse at (704) 716-6516 for more info.

E Y T A AC Medical Referral



McCrorey YMCA, Carolinas Healthcare System and area physicians work together to develop diet and exercise plans for our referrals. A trained professional works with each referral.

E Y T A AC Wellness Series

Lectures address a variety of health and wellness topics including weight management, osteoporosis, cholesterol, diabetes and more.

A AC Wellness Service and Labs

A variety of labs and wellness services are available to our members and the community. Please contact our CMC Health Center for more information.

A AC Diabetes Support Group

Monthly support group for members/non-members interested in learning more about diabetes. This group is facilitated by a diabetes nurse educator. A variety of topics will be discussed each month.



T A AO GROUP EXERCISE

For ages 13 and up. Consult a physician before participating in any group exercise program. Check the lobby kiosk for monthly group exercise schedule.

AOA Chair Aerobics

Fitness, fellowship and fun. This class includes low-impact aerobics, with stretching in where participants sit in chairs. Standing is also an option.

AOA African Drum

Active Older Adults move to the beat of their own drums! An instructional drumming class focusing on African music. Group members have the opportunity to perform in the community.

AOA Praise Dance

Inspirational Christian music sets the background for instructional dance moves. Group members have the opportunity to perform in the community.

Athletic Conditioning

Athletic Conditioning is all about functional training. This class uses a combination of drills, skills and sports-related moves to help you become "functionally fit". Includes cardio strength and flexibility training.

Awesome Abs

Specifically geared towards strengthening and toning the abdominal muscles, obliques and lower back. ABSolutely great class!

Cardio Combo

A cardio/muscular strengthening class for sculpting, toning and flexibility. Utilizes weights for the maximum in strength training. Followed by abs work. All levels.

Cardio Hi/Lo Pump

A multi-level workout with high intensity, faced paced movements. The instructor includes both high and low impact techniques. Try this class for a real fitness high.

Cycling

This intensive supervised cardio training on indoor cycles takes you to a new fitness level. For all levels.

Express Aerobics

A 45-minute class for those on the go! A multi-level workout that will increase your heart rate and help you tone so that you can resume your active lifestyle.

Extreme Tone

A muscular strengthening class for sculpting, toning and flexibility. Utilizes weights for the maximum in strength training. All levels.

Zumba

Combines high energy and motivating music with unique moves a combination that allows its participants to dance away their worries.

Kickboxing

An intensive cardio workout that combines kicks and punching techniques to maximize work on specific muscle groups. So much fun, you'll go kicking your way into the class.

Pilates

Based on the teachings of Joseph Pilates, this energizing class focuses on dynamic movement to build strength and increase flexibility in your core area.

Step

Use a platform to achieve a cardiovascular workout. The height of the platform can be adjusted to suit the individual's needs. As the platform height increases, the intensity of the workout increases.

Yoga

A holistic approach to stretching and meditation. All levels.

Quickfit

An overall body workout in just 30 minutes!

