

YMCA of Metropolitan Washington

Health and Wellness Programs

(cont'd)

Group Health and Wellness

From aerobics to strength training, the YMCA's wide variety of group wellness classes are taught in a non-competitive environment designed to energize and motivate people of all ages and activity levels. Taught by nationally certified instructors, our classes will ensure that your wellness program is fun and anything but routine.

Available at: ALEX, ARL, BCC, NC, PO, REST, SS



FitLinxx® and Nautilus® Fitness Advisor

All full service YMCA branches have computerized systems linked to some of our weight and cardiovascular equipment. A computer keeps track of your progress at every workout and also alerts you to how much weight to add, how many repetitions to complete, and the proper range of motion.

Available at: ALEX, ARL, BCC, NC, PO, REST, SS

12-Week Wellness Program

This program is designed to teach new and returning exercisers how to jump start and stick with their exercise program. This program is free to all full members.

Available at: ALEX, NC



MIND AND BODY WELLNESS

Massage

Discover the wellness benefits of a massage. Using various styles and techniques, our certified massage therapists will help you reduce stress, increase circulation, relax, rejuvenate and recover.

Available at: BCC, NC, PO, REST

Meditation

Improve your quality of life. Meditation improves concentration and awareness, reduces stress and pain and can even lower blood pressure.

Available at: BCC, NC

Pilates Reformer

Using springs, straps and a moving carriage, this special device strengthens core muscles, enhances flexibility and range of motion, elongates muscles and provides a vigorous workout with no impact on your joints.

Available at: ALEX, BCC, PO, REST

Pilates Mat

A series of exercises and stretches designed to build core strength and elongate your muscles.

Available at: ALEX, ARL, BCC, NC, PO, REST, SS

Yoga

The YMCA offers a wide variety of yoga classes, from gentle breathing to challenging poses that will strengthen the spirit, mind and body.

Available at: ALEX, ARL, BCC, NC, PO, REST, SS

Family Yoga

Families can connect spirit, mind and body together through our family yoga classes.

Available at: ARL, NC

Babysitting

The YMCA offers free babysitting services for full members. Parents can participate in Y wellness programs, knowing that their children are happy and safe in the Y's babysitting program.

Available at: ALEX, ARL, BCC, PO, REST, SS

For specific class dates, times, prices and registration information, please visit www.ymcadc.org or contact your branch.

BRANCH AND PROGRAM CENTER ABBREVIATIONS

*ALEX –
YMCA Alexandria
703-838-8085*

*AB –
YMCA Anthony Bowen
202-462-1054*

*ARL –
YMCA Arlington
703-525-5420*

*TEN –
YMCA Arlington Tennis
and Squash Center
703-522-1700*

*AYR –
YMCA Ayr lawn Program Center
301-530-8500*

*BCC –
YMCA Bethesda-Chevy Chase
301-530-3725*

*CAL –
YMCA Calomiris Program Center
202-526-4233*

*LETT –
YMCA Camp Letts
410-919-1410*

*CAP –
YMCA Capital View
202-889-0643*

*REST –
YMCA Fairfax County Reston
703-742-8800*

*LOU –
YMCA Loudoun County
703-777-9622*

*NC –
YMCA National Capital
202-862-9622*

*PO –
YMCA Potomac Overlook
301-203-2302*

*PG –
YMCA Prince George's County
301-262-4342*

*SS –
YMCA Silver Spring
301-585-2120*

*WOOD –
YMCA Woodmont Program Center
703-527-4966*

*YFS –
YMCA Youth & Family Services
301-587-5700*

See page 12 for locations.