



YMCA ANTHONY BOWEN

WELLNESS TRAINING PROGRAMS

The YMCA Wellness Training Programs are supported by nationally certified YMCA trainers and include options for personal wellness training, partner wellness training, and small group wellness training packages. Each package includes a full functional assessment; goal planning and behavior modification; a custom program plan, and post-functional assessment. Areas of expertise include (and are not limited to) general health and fitness; weight loss; chronic disease management; corrective exercise/post-rehab; and sport specific athletic training.



Workout with one trainer

PERSONAL WELLNESS TRAINING

1 session	\$70 branch member	\$90 community member
4 sessions	\$260 branch member (\$65/session)	\$340 community member (\$85/session)
8 sessions	\$496 branch member (\$62/session)	\$656 community member (\$82/session)
12 sessions	\$720 branch member (\$60/session)	\$960 community member (\$80/session)
24 sessions	\$1,392 branch member (\$58/session)	not available



**Workout with a friend
and one trainer**

PARTNER WELLNESS TRAINING

1 session	\$90 branch member (\$45/person)	\$110 community member (\$55/person)
4 sessions	\$324 branch member (\$40.50/session/person)	\$404 community member (\$50.50/session/person)
8 sessions	\$620 branch member (\$38.75/session/person)	\$780 community member (\$48.75/session/person)
12 sessions	\$900 branch member (\$37.50/session/person)	\$1,140 community member (\$47.50/session/person)



**Workout with one trainer
and 3-4 friends**

SMALL GROUP WELLNESS TRAINING

12 sessions for 3 friends	\$1,050 total (\$29.17/session/person)	\$1,764 community member (\$49/session/person)
12 sessions for 4 friends	\$1,400 branch member (\$29.17/session/person)	\$2,360 community member (\$49.17/session/person)

Please note that taxes are additional to all session packages listed above.

For more information, please speak with a wellness team member in the branch,
call the front desk at **202.232.6936** or email **ab.wellness@ymcadc.org**.



YMCA ALEXANDRIA

WELLNESS TRAINING PROGRAMS

The YMCA Wellness Training Programs are supported by nationally certified YMCA trainers and include options for personal wellness training and partner wellness training packages. Each package includes a full functional assessment; goal planning and behavior modification; a custom program plan, and post-functional assessment. Areas of expertise include (and are not limited to) general health and fitness; weight loss; chronic disease management; corrective exercise/post-rehab; and sport specific athletic training.



Workout with one trainer

PERSONAL WELLNESS TRAINING (60-MINUTE)

1 session	\$55 branch member	\$70 program member
6 sessions	\$300 branch member	\$360 program member
12 sessions	\$540 branch member	\$660 program member
24 sessions	\$960 branch member	\$1,200 program member

PERSONAL WELLNESS TRAINING (30-MINUTE)

6 sessions	\$240 branch member (\$40/session)	\$420 program member (\$70/session)
12 sessions	\$320 branch member (\$27/session)	\$500 program member (\$42/session)



**Workout with a friend
and one trainer**

PARTNER WELLNESS TRAINING (60-MINUTE)

6 sessions	\$450 branch member (\$37.50/session/person)	\$572 program member (\$47.67/session/person)
12 sessions	\$690 branch member (\$28.75/session/person)	\$876 program member (\$36.63/session/person)
24 sessions	\$1,110 branch member (\$23.13/session/person)	\$1,410 program member (\$29.38/session/person)

PARTNER WELLNESS TRAINING (30-MINUTE)

6 sessions	\$320 branch member (\$26.67/session/person)	\$500 program member (\$41.67/session/person)
12 sessions	\$400 branch member (\$16.67/session/person)	\$580 program member (\$24.17/session/person)

For more information, please speak with a wellness team member in the branch, call the front desk at **703.838.8085** or email **Alexandria.Wellness@ymcadc.org**.



YMCA SILVER SPRING

WELLNESS TRAINING PROGRAMS

The YMCA Wellness Training Programs are supported by nationally certified YMCA trainers and include options for personal wellness training and partner wellness training packages. Each package includes a full functional assessment; goal planning and behavior modification; a custom program plan, and post-functional assessment. Areas of expertise include (and are not limited to) general health and fitness; weight loss; chronic disease management; corrective exercise/post-rehab; and sport specific athletic training.



Workout with one trainer

PERSONAL WELLNESS TRAINING (60-MINUTE)

1 session	\$60 branch member	\$65 community member
4 sessions	\$220 branch member (\$55/session)	\$240 community member (\$60/session)
8 sessions	\$440 branch member (\$55/session)	\$480 community member (\$60/session)
12 sessions	\$600 branch member (\$50/session)	\$720 community member (\$60/session)

PERSONAL WELLNESS TRAINING (30-MINUTE)

1 session	\$35 branch member	\$40 community member
4 sessions	\$140 branch member	\$160 community member
8 sessions	\$280 branch member	\$320 community member
12 sessions	\$420 branch member	\$480 community member



**Workout with a friend
and one trainer**

PARTNER WELLNESS TRAINING

1 session	\$90 branch member (\$45/session/person)	\$100 community member (\$50/session/person)
4 sessions	\$340 branch member (\$42.50/session/person)	\$400 community member (\$50/session/person)
8 sessions	\$680 branch member (\$42.50/session/person)	\$800 community member (\$50/session/person)
12 sessions	\$900 branch member (\$37.50/session/person)	\$1,080 community member (\$45/session/person)

For more information, please speak with a wellness team member in the branch, call the front desk at **301.585.2120** or email **YSS.Wellness@ymcadc.org**.



YMCA ARLINGTON

WELLNESS TRAINING PROGRAMS

The YMCA Wellness Training Programs are supported by nationally certified YMCA trainers and include options for personal wellness training and partner wellness training packages. Each package includes a full functional assessment; goal planning and behavior modification; a custom program plan, and post-functional assessment. Areas of expertise include (and are not limited to) general health and fitness; weight loss; chronic disease management; corrective exercise/post-rehab; and sport specific athletic training.



Workout with one trainer

PERSONAL WELLNESS TRAINING

1 session	\$55 branch member
3 sessions	\$150 branch member (\$50/person)
6 sessions	\$300 branch member (\$50/person)
12 sessions	\$540 branch member (\$45/person)



**Workout with a friend
and one trainer**

PARTNER WELLNESS TRAINING

1 session	\$85 branch member (\$42.50/session/person)
3 sessions	\$240 branch member (\$30/session/person)
6 sessions	\$480 branch member (\$30/session/person)
12 sessions	\$900 branch member (\$37.50/session/person)

For more information, please speak with a wellness team member in the branch, call the front desk at **703.525.5420** or email **Arlington.Wellness@ymcadc.org**.



YMCA BETHESDA-CHEVY CHASE

WELLNESS TRAINING PROGRAMS

The YMCA Wellness Training Programs are supported by nationally certified YMCA trainers and include options for personal wellness training and partner wellness training packages. Each package includes a full functional assessment; goal planning and behavior modification; a custom program plan, and post-functional assessment. Areas of expertise include (and are not limited to) general health and fitness; weight loss; chronic disease management; corrective exercise/post-rehab; and sport specific athletic training.



Workout with one trainer

PERSONAL WELLNESS TRAINING (60-MINUTE)

1 session	\$70 branch member	\$88 community member
4 sessions	\$250 branch member (\$62.50/session)	\$315 community member (\$78.75/session)
8 sessions	\$480 branch member (\$60/session)	\$600 community member (\$75/session)
12 sessions	\$660 branch member (\$55/session)	\$825 community member (\$68.75/session)

PERSONAL WELLNESS TRAINING (30-MINUTE)

1 session	\$40 branch member	\$50 community member
4 sessions	\$140 branch member (\$35/session)	\$175 community member (\$43.75/session)
8 sessions	\$280 branch member (\$35/session)	\$350 community member (\$43.75/session)



Workout with a friend and one trainer

PARTNER WELLNESS TRAINING

1 session	\$100 branch member (\$50/person)	\$125 community member (\$62.50/person)
4 sessions	\$360 branch member (\$45/session/person)	\$450 community member (\$56.25/session/person)
8 sessions	\$680 branch member (\$42.50/session/person)	\$850 community member (\$53.13/session/person)
12 sessions	\$990 branch member (\$41.25/session/person)	\$1,238 community member (\$51.58/session/person)

For more information, please speak with a wellness team member in the branch, call the front desk at **301.530.3725** or email **BCC.Wellness@ymcadc.org**.



YMCA FAIRFAX COUNTY RESTON

WELLNESS TRAINING PROGRAMS

The YMCA Wellness Training Programs are supported by nationally certified YMCA Personal Trainers and a nationally certified Physical Therapist. There are personal wellness training and partner wellness training package options available in areas of expertise that include (and are not limited to) general health and fitness; weight loss; chronic disease management; corrective exercise/post-rehab; and sport specific athletic training.



Workout with one trainer

PERSONAL WELLNESS TRAINING (60-MINUTE)

# of sessions	YMCA Personal Trainer	YMCA Certified Physical Therapist
1 session	\$75 branch member	\$90 branch member
4 sessions	\$260 branch member (\$65/session)	\$325 branch member (\$81.25/session)
8 sessions	\$496 branch member (\$62/session)	\$620 branch member (\$77.50/session)
12 sessions	\$720 branch member (\$60/session)	\$900 branch member (\$75/session)



**Workout with a friend
and one trainer**

PARTNER WELLNESS TRAINING

# of sessions	YMCA Personal Trainer	YMCA Certified Physical Therapist
1 session	\$90 branch member (\$45/person)	\$140 branch member (\$70/person)
4 sessions	\$325 branch member (\$40.63/session/person)	\$480 branch member (\$60/session/person)
8 sessions	\$620 branch member (\$38.75/session/person)	\$880 branch member (\$55/session/person)
12 sessions	\$900 branch member (\$37.50/session/person)	\$1,200 branch member (\$50/session/person)

For more information, please speak with a wellness team member in the branch, call the front desk at **703.742.8800** or email **Reston.Wellness@ymcadc.org**.