



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINING AT YMCA ALEXANDRIA



- CHRONIC DISEASE MANAGEMENT
- SPORT SPECIFIC ATHLETIC TRAINING
- GENERAL HEALTH & FITNESS
- RECREATIONAL RACE TRAINING
- AND MORE!

ONE-ON-ONE TRAINING

A one-on-one session with a certified personal trainer will help you reach your goals quickly and safely with a curriculum tailored to your specific fitness needs.

PARTNER TRAINING

Partner up with a friend, family member or significant other to reach your fitness goals in a shared, hour-long personal training session.

Visit www.ymcadc.org for more information.