



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**.