



YMCA FAIRFAX COUNTY RESTON

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.

For more information, speak with a wellness team member, call 703.742.8800, or email Reston.Wellness@ymcadc.org.



PERSONAL WELLNESS TRAINING (60-MINUTE)	Sessions	Member Pricing	Physical Therapy Pricing
	1 Session	\$75	\$90
	4 Sessions	\$260 (\$65 / session)	\$335 (\$83.75 / session)
	8 Sessions	\$496 (\$62 / session)	\$630 (\$78.75 / session)
	12 Sessions	\$720 (\$60 / session)	\$900 (\$75 / session)

PARTNER WELLNESS TRAINING	Sessions	Member Pricing	Physical Therapy Pricing
	1 Session	\$90 (\$45 / person)	\$140 (\$70 / person)
	4 Sessions	\$325 (\$40.63 / person / session)	\$480 (\$60 / person / session)
	8 Sessions	\$620 (\$38.75 / person / session)	\$880 (\$55 / person / session)
	12 Sessions	\$900 (\$37.50 / person / session)	\$1,200 (\$50 / person / session)