



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINING AT YMCA SILVER SPRING



- **SPORT SPECIFIC ATHLETIC TRAINING**
- **GENERAL HEALTH & FITNESS**
- **RECREATIONAL RACE TRAINING**
- **VIRTUAL TRAINING**
- **AQUA PRIVATE & PARTNER TRAINING**
- **PRIVATE & PARTNER PILATES
REFORMER TRAINING**
- **CHRONIC DISEASE MANAGEMENT**

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.

If you are interested in personal training, please [click here to submit the interest form](#) and a staff member will get in contact with you.