



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**.