



# YMCA FAIRFAX COUNTY RESTON

## WELLNESS TRAINING PROGRAMS

The YMCA Wellness Training Programs are supported by nationally certified YMCA Personal Trainers and a nationally certified Physical Therapist. There are personal wellness training and partner wellness training package options available in areas of expertise that 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)

# of sessions	YMCA Personal Trainer	YMCA Certified Physical Therapist
1 session	\$75 branch member	\$90 branch member
4 sessions	\$260 branch member (\$65/session)	\$325 branch member (\$81.25/session)
8 sessions	\$496 branch member (\$62/session)	\$620 branch member (\$77.50/session)
12 sessions	\$720 branch member (\$60/session)	\$900 branch member (\$75/session)



**Workout with a friend and one trainer**

### PARTNER WELLNESS TRAINING

# of sessions	YMCA Personal Trainer	YMCA Certified Physical Therapist
1 session	\$90 branch member (\$45/person)	\$140 branch member (\$70/person)
4 sessions	\$325 branch member (\$40.63/session/person)	\$480 branch member (\$60/session/person)
8 sessions	\$620 branch member (\$38.75/session/person)	\$880 branch member (\$55/session/person)
12 sessions	\$900 branch member (\$37.50/session/person)	\$1,200 branch member (\$50/session/person)

For more information, please speak with a wellness team member in the branch, call the front desk at **703.742.8800** or email **Reston.Wellness@ymcadc.org**.