



YMCA ANTHONY BOWEN

WELLNESS TRAINING PROGRAMS

The YMCA Wellness Training Programs are supported by nationally certified YMCA trainers and include options for personal wellness training, partner wellness training, and small group 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

1 session	\$70 branch member	\$90 community member
4 sessions	\$260 branch member (\$65/session)	\$340 community member (\$85/session)
8 sessions	\$496 branch member (\$62/session)	\$656 community member (\$82/session)
12 sessions	\$720 branch member (\$60/session)	\$960 community member (\$80/session)
24 sessions	\$1,392 branch member (\$58/session)	not available



**Workout with a friend
and one trainer**

PARTNER WELLNESS TRAINING

1 session	\$90 branch member (\$45/person)	\$110 community member (\$55/person)
4 sessions	\$324 branch member (\$40.50/session/person)	\$404 community member (\$50.50/session/person)
8 sessions	\$620 branch member (\$38.75/session/person)	\$780 community member (\$48.75/session/person)
12 sessions	\$900 branch member (\$37.50/session/person)	\$1,140 community member (\$47.50/session/person)



**Workout with one trainer
and 3-4 friends**

SMALL GROUP WELLNESS TRAINING

12 sessions for 3 friends	\$1,050 total (\$29.17/session/person)	\$1,764 community member (\$49/session/person)
12 sessions for 4 friends	\$1,400 branch member (\$29.17/session/person)	\$2,360 community member (\$49.17/session/person)

Please note that taxes are additional to all session packages listed above.

For more information, please speak with a wellness team member in the branch, call the front desk at **202.232.6936** or email **ab.wellness@ymcadc.org**.