



YMCA ALEXANDRIA

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	\$55 branch member	\$70 program member
6 sessions	\$300 branch member	\$360 program member
12 sessions	\$540 branch member	\$660 program member
24 sessions	\$960 branch member	\$1,200 program member

PERSONAL WELLNESS TRAINING (30-MINUTE)

6 sessions	\$240 branch member (\$40/session)	\$420 program member (\$70/session)
12 sessions	\$320 branch member (\$27/session)	\$500 program member (\$42/session)



**Workout with a friend
and one trainer**

PARTNER WELLNESS TRAINING (60-MINUTE)

6 sessions	\$450 branch member (\$37.50/session/person)	\$572 program member (\$47.67/session/person)
12 sessions	\$690 branch member (\$28.75/session/person)	\$876 program member (\$36.63/session/person)
24 sessions	\$1,110 branch member (\$23.13/session/person)	\$1,410 program member (\$29.38/session/person)

PARTNER WELLNESS TRAINING (30-MINUTE)

6 sessions	\$320 branch member (\$26.67/session/person)	\$500 program member (\$41.67/session/person)
12 sessions	\$400 branch member (\$16.67/session/person)	\$580 program member (\$24.17/session/person)

For more information, please speak with a wellness team member in the branch, call the front desk at **703.838.8085** or email Alexandria.Wellness@ymcadc.org.