



YMCA ARLINGTON

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

1 session	\$55 branch member
3 sessions	\$150 branch member (\$50/person)
6 sessions	\$300 branch member (\$50/person)
12 sessions	\$540 branch member (\$45/person)



**Workout with a friend
and one trainer**

PARTNER WELLNESS TRAINING

1 session	\$85 branch member (\$42.50/session/person)
3 sessions	\$240 branch member (\$30/session/person)
6 sessions	\$480 branch member (\$30/session/person)
12 sessions	\$900 branch member (\$37.50/session/person)

For more information, please speak with a wellness team member in the branch, call the front desk at **703.525.5420** or email **Arlington.Wellness@ymcadc.org**.