



# 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)	\$335 branch member (\$83.75/session)
8 sessions	\$496 branch member (\$62/session)	\$630 branch member (\$78.75/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**.

# Jump Start Your Wellness Journey With **Daniel Borges**

Wellness Coordinator / Personal Trainer



[daniel.borges@ymcadc.org](mailto:daniel.borges@ymcadc.org)

## **CERTIFICATIONS:**

- Certified Personal Trainer – National Academy of Sports Medicine (NASM)
- First Aid CPR AED – The American Heart Association
- Opioid Overdose Prevention – Access: Supports for Living

## **EDUCATION:**

**Marist College – Poughkeepsie, New York**

- Cum Laude
- Majors – Psychology & Criminal Justice
- Minors – Philosophy & Cognitive Science

## **PERSONAL:**

After graduating from Marist College I immediately was interviewed to be a crisis counselor with Project Hope amidst the height of the Coronavirus disease. It was in this job I realized how much I love interacting with people and helping others. After this job I reverted back to what I had been doing during my time on campus: guiding people who had personal fitness goals closer to their dreams through a whole-person health approach.

After developing such a passion with helping friends and family in fitness, coupled with the fact that I was a tennis coach for the past three years, I decided to make this into a career. I studied hard, applied for, and passed my NASM certification and have loved every bit of the journey so far!

## **STRENGTHS / SPECIALTIES:**

- High School Students / Athletes
- Special Needs / Disabilities
- Tennis / Pickleball

# Jump Start Your Wellness Journey With **David Schwalbe** Wellness Director



[David.Schwalbe@ymcadc.org](mailto:David.Schwalbe@ymcadc.org)

## **CERTIFICATIONS:**

- American College of Exercise Physiologists (ASEP)
- Basic Life Support (BLS)

## **EDUCATION:**

**BA Exercise Science**  
**MA Exercise Physiology**

## **PERSONAL:**

I love to meet new people, travel and discover new adventures. I have a passion for helping people increase their quality of life through exercise and healthy habits. I feel it's important to lead by healthy example in order to move forward in life with positive gains. I'm happy to be working at the YMCA and look forward to meet and learning about you.

## **STRENGTHS / SPECIALTIES:**

- Endurance training
- Total body workouts
- Adventure seeker

# Jump Start Your Wellness Journey With >>>

# Sherry Narayan

## Group Exercise Coordinator



[sherina.narayan@ymcadc.org](mailto:sherina.narayan@ymcadc.org)

### **CERTIFICATIONS:**

- AFAA Personal Trainer
- AFAA Group Exercise
- Reebok Cycle
- POP PILATES
- Power Pilates Intermediate Mat
- Barre Intensity
- First Aid CPR AED American Red Cross

### **EDUCATION:**

Master's in Social Work (MSW)  
**Adelphi University, Garden City, NY**

Bachelor's in Psychology  
**New York Institute of Technology,  
Old Brookville, NY**

### **STRENGTHS:**

- Women's Health
- General Fitness

### **PERSONAL:**

I started my career as a school social worker. After the birth of my second child, I made a career transition to fitness I really wanted to have a job. I always had a passion for health and wellness as I took many group fitness classes in gyms.

My first fitness certification was in cycle. That motivated me to obtain certifications in other formats. I have been teaching group exercise for ten years and love it! I have also been a personal trainer for eight years. I then decided to venture into fitness management in which I landed a job as the group fitness coordinator at the Bender JCC in Rockville, MD.

I enjoy working with people and helping them reach their fitness goals. I always give 100% to my students and clients. I smile when my clients/students get a great workout! I hope to work with you soon!