



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUR PATH TO WELLNESS

YMCA OF THE CAPITAL AREA

Members are able to choose the kind of appointment they are most comfortable with. Whether you're new to exercise or in tip-top shape, our first appointment experience is an opportunity for us to get to know one another. Whether you want to lift weights, take classes, swim, play sports or have some other interests in mind, we want to make sure we do our part in helping you get started on the right foot.

1. An appointment designed specifically for members who want to incorporate RESISTANCE TRAINING in their exercise routine. Our Wellness Staff will discuss your goals, create a program that's right for you, setup your wellness profile and make sure that you're comfortable using this equipment.
2. A 30-minute appointment that is designed specifically for members who are primarily interested in ACTIVITIES OR GROUP CLASSES. Our Wellness Staff will review class schedules, answer any questions you may have, set up your wellness nutrition profile and make sure that you're comfortable using the facility.

Members who attend their first appointment within the first two weeks of joining are 6X more likely to achieve their goals. Let's make sure you're one of them!