

Personal Training Inquiry

Name _____

Phone _____

Email _____

Name of Trainer (if applicable): _____

Availability (Days/Times): _____

I am interested in: *(please check off box below)*

Individual Training Tandem Training

Please list your goals to enable us to match you with a Personal Trainer "just right" for you.

GOAL: _____

GOAL: _____

GOAL: _____

Please list any restrictions, limitations and/or injuries (past or present).

For Staff Use Only:

Additional Information

For more information on each of our certified Personal Trainers, please see our "Fitness Staff Wall," which details a complete biography for each trainer.

Also, please complete the "Personal Training Inquiry" located on the back of this brochure, detach it and turn it in to the PWC Front Desk.

Our Fitness Manager will review your information and match you with the trainer who will best help you reach your goals.

Mission Statement

At Powell Wellness Center, Health & Fitness, we are dedicated to providing an exceptional customer experience and improving the overall health of the community we serve.

Contact:

Brandy White

PWC Fitness Manager

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Personal Training

Your Guide to
Personal Training
at
Powell Wellness Center,
Health & Fitness



*"Coming together is a...
beginning.
Keeping together is ...
progress.
Working together is ...
success."
(Henry Ford)*

1005 Golf Drive
Culpeper, VA 22701
Phone: (540) 829-4741
Fax: (540) 829-4750
www.powellwellnesscenter.com



Health & Fitness
A Service of Culpeper Regional Health System

Individual & Tandem Packages

We offer pricing for individuals and groups of two (tandem).

Motivation Package

Need a push or new to personal training? ~ this is the package for you. Your trainer will design an easy-to-follow program to keep you motivated!

(4) 30-Minute Sessions	
Individual	\$115
Tandem	\$172.50
(4) 50-Minute Sessions	
Individual	\$190
Tandem	\$285

Inspiration Package

Get inspired to make long term changes. It takes approximately 60 days to make something a habit.

(8) 30-Minute Sessions	
Individual	\$225
Tandem	\$337.50
(8) 50-Minute Sessions	
Individual	\$370
Tandem	\$555

Transformation Package

Our best package deal –pay for 11 sessions and get one free! You will be evaluated every 4 weeks as you make significant changes in your overall health.

(12) 30-Minute Sessions	
Individual	\$330
Tandem	\$495
(12) 50-Minute Sessions	
Individual	\$550
Tandem	\$825

Individual Training Rates

50-Minute Session: \$50

30-Minute Session: \$30

GO Package

(4) 30-Minute Sessions: \$99

Available for Purchase "One-Time Only"

Our "Get Oriented" package is available to PWC members, but can only be purchased once.

During these sessions, you will become familiar with various pieces of exercise equipment and receive a personalized program designed around your individual fitness goals.

*Choose the best training style
that's right for you...*

Individual Training

With "one-on-one" training, you will receive total support as your trainer guides you through your own personally designed program, helping you achieve your unique fitness goals.

Tandem Training

With tandem "buddy" training you will work with a friend who has similar goals to your own and help each other achieve them together.

Tandem training also provides an affordable training alternative!

Personal Training Benefits

Our nationally certified trainers can put you on the road to total fitness by helping you to...

Lose Weight
Gain Strength
Build Muscle
Achieve Flexibility & Balance
Boost Energy
Increase Endurance
Recover from Injury/Surgery
Exercise Safely
Accountability
Stay Motivated
Break Plateaus
Reach Goals
Improve Self Confidence

*We gain strength, and courage,
and confidence by each experience
in which we really stop to look
fear in the face... we must do that
which we think we cannot.*

~ Eleanor Roosevelt