

experience



All of our trainers hold a nationally accredited personal training certification. They have been academically trained in exercise science, exercise prescription, nutrition, training technique and more.

Check out our Personal Trainer Wall with complete biographies of each of our trainers.

OUTCOMES

- Lose body fat
- Gain muscle mass
- Break through plateaus
- Sports-specific training
- Injury prevention
- Improve self confidence

**Let our knowledge be your success.
See and feel the difference.**

Call (540) 829-4749 to get started today.

achieve goals

For more information contact:

Brandy White
Fitness Manager

(540) 829-4749
bwhite@culpeperhospital.com



POWELL
WELLNESS CENTER

Health & Fitness

A Service of Culpeper Regional Health System

1005 Golf Drive, Culpeper, VA 22701

P. 540 – 829-4741

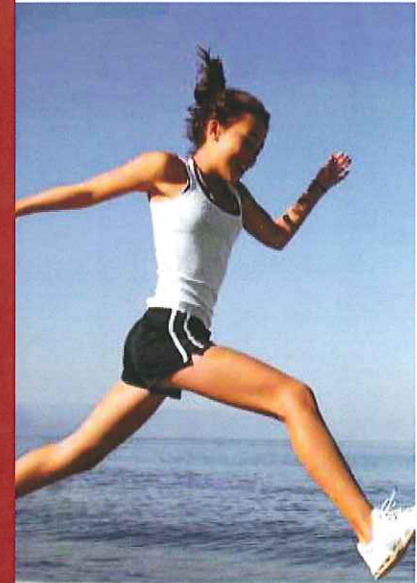
F. 540 – 829-4750

www.powellwellnesscenter.com

POWELL WELLNESS CENTER

Inspire...Motivate...Coach

PERSONAL TRAINING



Get RESULTS

How It Works

1. Initial consultation to discuss health history, perform fitness testing and facilitate personal goal setting.
2. Customized program design for an individual's goals and fitness levels.
3. Instruction and motivation to achieve proper form and achieve maximum results.
4. Weight and intensity progressions to adapt programs to prevent and break through plateaus.
5. Periodic assessments and maintenance programs to provide accountability and long-term success.



The Personal Training Program is goal-oriented and results-driven. We want you to succeed and are here to assist you in reaching your best results.

Packages:

Individual:

30 minutes \$35

60 minutes \$60



GO Package: 3 sessions (one time only)

30 minutes \$90

Motivation: 4 sessions

30 minutes \$130

60 minutes \$230

Inspiration: 8 sessions

30 minutes \$255

60 minutes \$445

Transformation: 12 sessions

30 minutes \$375

60 minutes \$650

Small Group Training prices are also available.

Non-members add an additional \$10 per session.

Personal Training Inquiry

Name: _____

Phone: _____

Email: _____

Name of Requested Trainer (if applicable):

Availability (Days/Times):

I am interested in: (Please circle one)

Individual Small Group (2-4 people)

Please list your Goals below.

1. _____

2. _____

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

Please detach and return to the PWC Front Desk. Our Fitness Manager will review this form and use it to match you with the best Personal Trainer for you!

For Staff Use Only:
