

Contact:

Leslie Maryk
Group Fitness Supervisor

Phone: 540-829-4741
Fax: 540-829-4750

www.powellwellnesscenter.com

Other Powell Wellness Center

Programs and Services:

- Massage
- Swim Lessons
- Family Swim
- Personal Training
- Weight Management Classes
- Sports Specific Training
- Kid's Corner
- Tai Chi

Mission Statement

At the Powell Wellness Center our goal is to provide an exceptional customer experience and improve the overall health of the community we serve.

For more information on each of our trainers, see one of our Fitness Instructors or complete the inquiry section of this brochure. The Group Exercise Supervisor will pass your information along to a Trainer that will best help you accomplish your goals.

Rates:

Individual Sessions: \$80

6-Pack: \$455

12-Pack: \$865

24-Pack: \$1630

*** Reformer Group Sessions available for a nominal fee—please check the group exercise schedule.

Powell Wellness Center



Health & Fitness
A Service of Culpeper Regional Health System



Pilates Reformer & Yoga

Tel: 540-829-4741
Fax: 540-829-4750

1005 Golf Drive
Culpeper, VA 22701

Why Personal Training might be the solution...

Whether your fitness goals are to build strength, tone muscles, lose weight, recover from an injury or boost your energy, the Powell Wellness Center's STOTT Pilates certified trainers and Yoga Therapists can put you on the road to total fitness. Your trainer will work with you one-on-one or in small groups to motivate, support and monitor you during workouts – Checking your technique and advancing you to the next level of fitness. We are dedicated to providing the most effective and rewarding training experience.

Meet Your Trainers

Pilates Reformer

Leslie Maryk

STOTT Pilates

Reformer Certified Trainer

Susan Dods

STOTT Pilates

Reformer and Mat Certified Trainer

Meghan Haught

STOTT Pilates

Reformer Certified Trainer

YOGA

Nancy Bosket

1000-Hour Certified

Professional Yoga Therapist

Melissa Lummis

200-Hour YogaFit

Registered Yoga Teacher

Training Inquiry Form

Name:

Phone:

Trainer (If applicable):

Availability (Days/Times):

Please list your goals, so that we can appropriately match you with a trainer.

GOAL:

GOAL:

Rates:

Individual Sessions: \$80

6-Pack: \$455

12-Pack: \$865

24-Pack: \$1630

***** Reformer Group Sessions available for a nominal fee—please check the group exercise schedule.**