

Contact:

**Brenna Eck, M.Ed
Wellness Coordinator**

**Phone: 540-829-4749
Fax: 540-829-4750**

www.powellwellnesscenter.com

Other Powell Wellness Center

Programs and Services:

- **Massage**
- **Swim Lessons**
- **Family Swim**
- **Pilates Reformer**
- **Training**
- **Weight Management**
- **Classes**
- **Personal Training**
- **Kid's Corner**
- **Tai Chi**
- **Yoga**

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 our trainer, complete the inquiry section of this brochure and leave it with our Front Desk Staff. Our sport coach will contact you shortly to get started.

Rates

Beginner Package:

(8 1/2-Hour Sessions)

Member:
\$129

Non-Member:
\$149

8 Sessions: 1/2-hour each

(On Going Clients):

Member:
\$169

Non-Member:
\$189

**Powell
Wellness
Center**



**POWELL
WELLNESS CENTER**

Health & Fitness

A Service of Culpeper Regional Health System



***Sports
Performance
Training***

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

**1005 Golf Drive
Culpeper, VA 22701**

***Why Training
for Sport might
be the
solution...***

There are two main reasons we train off the field for a sport: Enhance performance and reduce the risk of injury on the field, court, or in the pool. If you are looking to improve your performance to gain the competitive edge, lessen your risk of injury, or even gain back what you may have lost from a past injury; Join our Sport coach for 8 1/2-hour sessions to get a head start on your season.

Meet Your Trainer:

Brenna Eck, M.Ed

**Temple University:
*Masters of Education —
Exercise Physiology***

**National Strength and
Conditioning Association:
*Certified Strength and
Conditioning Specialist***

**USA Weight Lifting:
*Sports Performance Coach***

Sport Training Inquiry Form

Name:

Phone:

Sport(s):

Availability (Days/Times):

Please list your goals so our
Trainer can begin to design a
workout

GOAL:

GOAL:

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