

PWC Aquatic Personal Training



Make the Water Your Gym!

An aquatic workout is a great low-impact way to train, that still offers the benefits of high intensity land training, including improved stability, mobility, flexibility, balance, strength, and cardiovascular endurance.

Aquatic personal training is suitable for all ages and skill levels and is safe for non-swimmers. Our qualified personal trainers will customize an aquatic exercise program just for you!

Pricing

\$45

45-min. single session

\$170 4-pack

\$330 8-pack

\$490 12-pack

Non-PWC member add
\$10 per session.

Please Complete Inquiry
Form (below) and Return
it to the PWC Front Desk.

For more information:
Patrice Barklund
540-829-4793
pbarklund@
culpeperwellness.org



CULPEPER WELLNESS *foundation*

Powell Wellness Center

PWC Aquatic Personal Training Inquiry Form

Name: _____

Date: _____ Phone: _____

Email: _____

Preferred trainer (if applicable): _____

Availability (days/times): _____

I am interested in (please circle):

- Individual
- Tandem training
- Small group training

Please list your goals: _____

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

Please return this form to the PWC Front Desk. We will review, match you to a trainer, and contact you to get started!