

# Personal Training Inquiry

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Name of requested trainer: (if applicable) \_\_\_\_\_

Availability: (Days / Times) \_\_\_\_\_

I am interested in: (please circle one)

1 Person / 2 People / Small Group

Please list your goals below:

1. \_\_\_\_\_

2. \_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please return this form to the PRFC/PWC Front Desk.

**Schedule Your Complimentary Consult Today!**

540-825-0000 | [www.pathrecreationandfitnesscenter.org](http://www.pathrecreationandfitnesscenter.org)

540-445-5406 | [www.powellwellnesscenter.org](http://www.powellwellnesscenter.org)



## Personal Training

YOUR sessions will support YOUR needs  
Aquatic, Yoga, TRX, & Prehabilitation also available

	1 PERSON Member / Non-Member	2 PEOPLE Member / Non-Member (Price is per Person)
<b>GO PACKAGE: 3 Sessions (one time only)</b>		
30 minutes	\$90 / NA	\$67.50 / NA

<b>Single Session</b>		
30 minutes	\$35 / \$45	\$25 / \$30
60 minutes	\$60 / \$70	\$45 / \$50

<b>Motivation: 4 Sessions</b>		
30 minutes	\$130 / \$170	\$97.50 / \$125
60 minutes	\$230 / \$270	\$172.50 / \$200

<b>Inspiration: 8 Sessions</b>		
30 minutes	\$255 / \$335	\$190 / \$250
60 minutes	\$445 / \$525	\$332.50 / \$400

<b>Transformation: 12 Sessions</b>		
30 minutes	\$375 / \$495	\$280 / \$375
60 minutes	\$650 / \$770	\$487.50 / \$600

Small Group Training Pricing Available



PATH Recreation & Fitness Center  
**POWELL WELLNESS CENTER**  
Culpeper Wellness Foundation