

# You Deserve Our Personal Attention!

## PERSONAL TRAINING PROGRAM

Get in the best shape of your life with personalized training programs at the Wellness Center at Rumbling Bald. Our 1-on-1 professional training sessions are customized to help you achieve your individual goals in a safe and effective manner.



Wellness Center



## TRAINERS

Dennis Owenby 828.527.1156  
Amy Pena 954.600.2691



## 1-3 SESSIONS

Single: 30 min \$45 • 45 min \$55  
Pair: 30 min \$25 • 45 min \$35

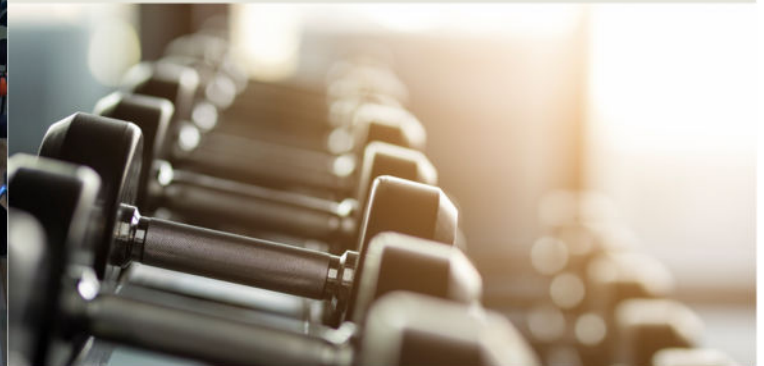
## 4-6 SESSIONS

Single: 30 min \$40 • 45 min \$50  
Pair: 30 min \$20 • 45 min \$30

## 7-12 SESSIONS

Single: 30 min \$35 • 45 min \$45  
Pair: 30 min \$15 • 45 min \$25

*Prices are per person, per session.*



For more information,  
please call 828.694.3005 or  
email [wellness@rumblingbald.com](mailto:wellness@rumblingbald.com).

# Personal Training Program

Congratulations on your decision to participate in a personal training program at Rumbling Bald on Lake Lure. With the help of your personal trainer, you greatly improve your ability to accomplish your training goals faster, safer, and with maximum benefits. The details of these training sessions can be used for a lifetime. To maximize progress, you will need to follow program guidelines during supervised and (if applicable) unsupervised training days. Remember, exercise and healthy eating are equally important. Every effort will be made to ensure your safety during your exercise program. However, as with any exercise program, there are risks, including increased heart stress and the chance of musculoskeletal injuries. In volunteering for this program, you agree to assume responsibility for these risks and waive any possibility of personal damage. You also agree that, to your knowledge, you have no limiting physical conditions or disability that would preclude an exercise program.

By signing below, you accept full responsibility for your own health and well-being and acknowledge that the program leaders assume no responsibility. It is recommended that all program participants work with their personal trainer three (3) times per week. However, due to scheduling conflicts and financial considerations, a combination of supervised and unsupervised workouts is possible.

All payments are due before the sessions begin. Please pay at the Wellness Center's front desk.

## PERSONAL TRAINING TERMS AND CONDITIONS

1. Personal training sessions that are not rescheduled or canceled 24 hours in advance will result in forfeiture of the session and a loss of financial investment at the rate of one session.
2. Clients arriving late will receive the remaining scheduled session time unless other arrangements have been previously made with the trainer.
3. The expiration policy requires the completion of all personal training sessions within 120 days from the date of the contract. Personal training sessions are void after this time period.
4. No personal training refunds will be issued for any reason, including but not limited to relocation, illness, and unused sessions.

### DESCRIPTION OF PROGRAM

Name of Trainer: Dennis Owenby Amy Pena

Today's Date:        /        /2025

Number of Sessions: \_\_\_\_\_

Please circle Single or Pair and Time.

Payment Type: ☐ Credit ☐ Property Charge

Participant Name:

Member #

Participant Signature: \_\_\_\_\_

Please bring your copy to your first session with your personal trainer.

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