

# 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.



### 1-3 SESSIONS

- Single: 30 min \$50 • 45 min \$60
- Pair: 30 min \$30 • 45 min \$40

### 4-6 SESSIONS

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

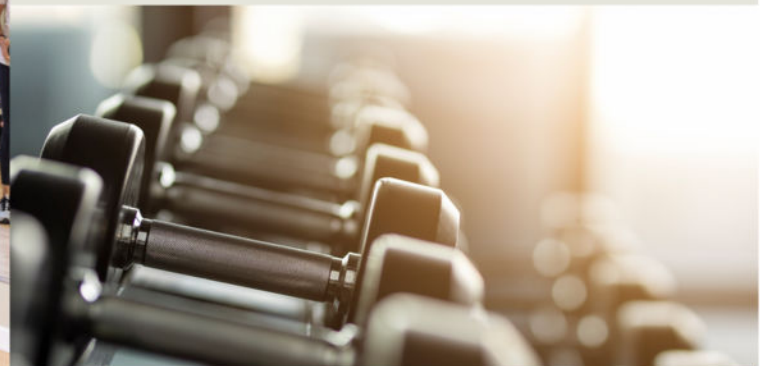
### 7-12 SESSIONS

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

*Pricing is per person, per session.*



Wellness Center



## TRAINER

Dennis Owenby 828.527.1156

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

