

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



1-3 SESSIONS

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

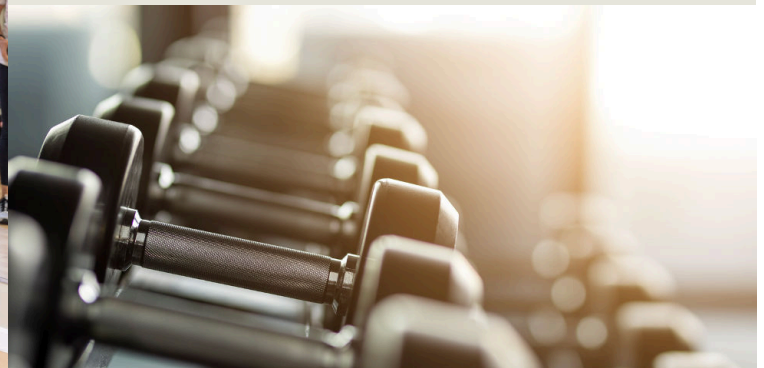
4-6 SESSIONS

- 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.



TRAINER

Dennis Owenby 828.527.1156
Amy Pena 954.600.2691

For more information,
please call 828.694.3005 or
email wellness@rumblingbald.com.

Personal Training Program

Congratulations on your decision to participate in a personal training program at Rumbling Bald on Lake Lure. Working one-on-one with a trainer can help you reach your fitness goals more efficiently, safely, and with lasting results. The skills and guidance you gain through this program can support your overall wellness for years to come.

To achieve the best results, participants are expected to follow all program guidelines during both supervised and, when applicable, unsupervised training days. Exercise and healthy nutrition work together, and both are essential to long-term success.

Every effort will be made to ensure your safety throughout the program. However, as with any exercise routine, participation involves certain risks, including increased cardiovascular stress and the potential for musculoskeletal injury. By voluntarily enrolling in this program, you acknowledge and accept these risks and agree to assume full responsibility for your participation. You further confirm that, to the best of your knowledge, you do not have any medical condition or physical limitation that would prevent you from safely engaging in an exercise program.

By signing below, you accept full responsibility for your health and well-being and acknowledge that the program leaders assume no liability. While it is recommended that participants train with their trainer three times per week, a combination of supervised and unsupervised workouts may be arranged based on scheduling and financial considerations.

All payments are due prior to the start of sessions and should be made at the Wellness Center front desk.

PERSONAL TRAINING TERMS AND CONDITIONS

- Sessions not canceled or rescheduled at least 24 hours in advance will be forfeited and charged as one completed session.
- Clients who arrive late will receive the remaining scheduled session time unless prior arrangements have been made with the trainer.
- All personal training sessions must be completed within 120 days of the contract date. Sessions not used within this timeframe will be void.
- No refunds will be issued for any reason, including relocation, illness, or unused sessions.

DESCRIPTION OF PROGRAM

Name of Trainer: Dennis Owenby Amy Pena

Today's Date: / /2026

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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