

Personal Training



Personal trainers serve as coaches, educators and motivators. Our trainers can plan a personalized exercise program to help you safely achieve your fitness goals.

30 Minutes

Member	\$30
Non-Member	\$40

1 Hour

Member	\$45
Non-Membe	\$55

5 Hours

Member	\$203
Non-Member	\$247

10 Hours

Member	\$382
Non-Member	\$460

Student Rates (10 hours)

All Members	\$300
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Valley Health Wellness & Fitness/Woodstock

1195 Hisey Avenue, Woodstock, VA

540-459-1387

valleyhealthlink.com/smhfitness