

SALEM, VA 24153

MAGAZINE

Breaking News
WITH THE FOUNDERS

2

In the Know

WITH JESSIE ROCHA

_

Be Our Guest

WITH DEBORAH A. GOGLIA

8

Golf Tips & Tricks

WITH PHIL SMILEY

18

Tennis Programs

WITH EDUARDO RINCON

22

Let's Get Pumped

WITH BRITTNEY ARNER

24





2500 Romar Road Salem, Virginia 24153 **540-389-8146** hiddenvalleycc.com

Golf Pro Shop 540-389-8146 ext. 2003

Grille Room Restaurant 540-389-8146 ext. 2011

Team Directory

SCOTT RIETH

General Manager srieth@hiddenvalleycc.com

JESSIE ROCHA

Member Relations Manager jrocha@hiddenvalleycc.com

PHIL SMILEY

PGA Professional psmiley@hiddenvalleycc.com

DIANA McGUIRE

Director of Sales dmcguire@hiddenvalleycc.com

DEBORAH A. GOGLIA

Director of Food & Beverage dgoglia@hiddenvalleycc.com

IOE DYSON

Golf Course Superintendent jdyson@hiddenvalleycc.com

EDUARDO RINCON

Director of Tennis eduardo@hiddenvalleycc.com

BRITTNEY ARNER

Wellness Director brittneyprecisiontraining@gmail.com

BREAKING NEWS

SCOTT RIETH APPOINTED THE NEW GENERAL MANAGER AT HIDDEN VALLEY COUNTRY CLUB IN ROANOKE, VA.

Dear Members,

Hidden Valley Country Club and Links Asset Trust are pleased to introduce Scott Rieth as the Club's new General Manager. Mr. Rieth is a graduate of the University of California. For more than 20 years Mr. Rieth has been a Director of Hospitality Operations for Four Seasons in Beverly Hills, CA and San Francisco, CA. From the mid-1990's until 2011, Mr. Rieth held senior positions with Fairmont Hotels, Discovery Bay Country Club, culminating with a role as General Manager of Food and Beverage at Shutters on the Beach Hotel in Santa Monica, CA. After many years of hospitality and senior leadership with some of the premier resorts in the US, Mr. Rieth took his talents to the collegiate institutions with senior hospitality leadership roles at the University of Southern California in Los Angeles, CA and University of Notre Dame in South Bend, IN.Mr. Rieth is now focused on enhancing and reenergizing a team at Hidden Valley Country Club to deliver an experience that has not been seen at Hidden Valley in many years. When describing the upcoming transition, Mr. Rieth said, "After many years of high-energy resorts and university dining operations, the idea of building relationships and providing an unbelievable dining experience is of great interest to me and my family. I look forward to making the Roanoke Valley my family home and getting to know our members."It is with great pleasure we announce, Mr. Rieth started his role as General Manager earlier this week. When speaking of Mr. Rieth's hire, Frank Denniston, Founder of Links Asset Trust said, "It's been a great pleasure watching Hidden Valley grow over the last seven years and I am excited about Scott joining our team as I have had personal experiences at many of the impressive places in which Scott previously held leadership role." Please stop by the club and introduce yourself to our new General Manager, Scott Rieth.

Respectfully,

FRANK J. DENNISTON & W. DOUGLAS WHITE

Founders, Links Asset Trust

New Member Referral Program

Since we started offering the member referral incentive, almost 50% of our new members were referred by one of you. The program is already such a success that we are extending it! If you refer a new member, you will receive a dues credit on your account based on the type of membership they select:

SOCIAL MEMBERSHIP—\$50

YOUNG PROFESSIONAL MEMBERSHIP—\$100

SOCIAL+ MEMBERSHIP—\$75

CLUB MEMBERSHIP—\$150

(formerly Sports membership)

The credit is available for one member account, so two households can't claim the same new member. Just ask whomever you are referring to write your name as their referral on their application or mention your name when they contact me about membership.

If you have anyone in mind who may be interested in membership, just ask their permission to give their name and email address to me and I will send out Membership information.

One of the qualities that distinguishes Hidden Valley is the commitment from members to promote the Club to friends, colleagues and family and encourage them to join.

Thank you for your support of HVCC!

Information

DIANA McGUIRE

Director of Sales

540-389-8146 ext. 2006 dmcguire@hiddenvalleycc.com

INTHEKNOW

WITH JESSIE ROCHA

Dear Members,

I'm thrilled to introduce myself as your new Member Relations Manager. I couldn't be more excited to step into this role and become part of the Hidden Valley Country Club family. My goal is to help create memorable experiences, keep you connected with all that's happening around the club, and make sure every visit feels like home.

From exciting events to important updates, I'll be your go-to for all things member-related. I look forward to getting to know each of you and continuing the traditions that make this community so special—with a few fresh ideas along the way!

When I'm not at the club, you'll usually find me out on the golf course, getting a workout in, or spending time with my three cats. I'm really looking forward to an amazing season ahead filled with great events, new memories, and plenty of good times!

Thank you to everyone who has come out and supported our club events over the past few months. Your energy, enthusiasm, and involvement are what make this community so special—and it's been amazing to start meeting so many of you and seeing the club come to life through your participation. We've got a lot

of fun things planned in the coming months, and I can't wait to share it all with you!

Keep updated on our upcoming events through Clubster, Facebook, and Instagram.
We also have a new TikTok page and hope to bring a lot of content there as well. Follow us at @hiddenvalleycc



Finally, please be sure to make note of our upcoming July events:

JULY 3

6:00PM-10:00PM

Fireworks Day & Activities

JULY 4

11:00AM-3:00PM

4th of July Pool Party

JULY 25

6:30PM-9:30PM

Deet, Joe, & Friends Live Band

Warmest Regards,

JESSIE ROCHA

Member Relations Manager 540-389-8146 ext. 2007 jrocha@hiddenvalleycc.com







FIREWORKS DAY & ACTIVITIES

THURSDAY, JULY 3 6:00PM-10:00PM

4th OF JULY POOL PARTY

FRIDAY, JULY 4 10:00AM-3:00PM

DEET, JOE & FRIENDS LIVE BAND

FRIDAY, JULY 25 6:30PM-9:30PM

To make regular dining reservations:

540-389-8146 ext. 2011

To make reservations for a club-hosted event, contact Jessie Rocha:

540-389-8146 ext. 2007 jrocha@hiddenvalleycc.com

For private events and membership inquiries, contact Diana McGuire:

540-389-8146 ext. 2006

dmcguire@hiddenvalleycc.com





6:00PM-8:00PM

DINNER BUFFET in the Ballroom



BBQ, Chicken, Baked Beans, Coleslaw, Potato Salad, HVCC Hot Chips Adults & Guests: \$26 | Children 6-12 years: \$13 | Children 5 & under: FREE

6:00PM-8:00PM

BOUNCE HOUSE on the Lawn **FACE PAINTING** on the Patio



6:00PM-9:00PM

LIVE MUSIC by Riverside





9:30PM or later

HVCC FIREWORKS SHOW



PARKING PASSES & WRISTBANDS REQUIRED UPON ENTRY

Additional details about parking passes, wristbands, and RSVP to come.





FRIDAY, JULY 4

11:00PM-3:00PM

DJ Joey Nicely

Soak up the sun and the sounds—enjoy a live poolside DJ, and join in on fun pool games for all!



NOON-2:00PM

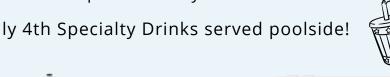
POOLSIDE GRILLOUT

Bratwurst, Hamburgers, Chicken, Baked Beans, Coleslaw, Potato Salad, HVCC Hot Chips

Adults: \$26 | Children 6-12 years: \$13 | Children 5 & under: FREE

Guests: Buffet cost plus \$25 entry fee

Enjoy July 4th Specialty Drinks served poolside!





WRISTBANDS REQUIRED **UPON ENTRY**

Additional details about wristbands and RSVP to come.



BE OUR GUEST

WITH DEBORAH A. GOGLIA

Dear Members,

Thank you all for the incredibly warm welcome to Hidden Valley Country Club. I'm honored to step into the role of Food & Beverage Director and truly appreciate your kindness and patience as we begin making meaningful improvements to your dining experience. From hiring new staff to implementing enhanced training, we're focused on providing the level of service and quality you deserve.

Allow me to tell you a little bit about myself:

From Brooklyn, NY to the Long Island beaches, and now over 25 years in the Blue Ridge Mountains...

I grew up in a happy kitchen shaped by a strong European mix—Italians and Russian Jews. Saturdays were all about Kosher food. Sundays? Homemade meatballs and hand-stuffed ravioli. Yes, we rolled the dough ourselves—every fold filled with love (and a little chaos).

I remember the soundtrack vividly: Jerry Vale, Dean Martin, Pavarotti, and those sweeping romantic Italian love songs my grandmother played on her piano and accordion. Meanwhile, my great-grandmother Bubby would sing in Russian from the other room. It was a cultural symphony—Old World meets New York hustle.

Food, music, and wine have always been at the heart of our family. We sang and danced while cooking over a hot stove. My mother She'd stir the pot— "It's gravy, not sauce!"—with a cigarette in one hand and zero apologies in the other.

I fell in love with wine at age three, thanks to my great uncle Theo. He drank a bottle of red Burgundy every day—every day. "Bambina, shhh," he'd whisper with a grin, handing me a tiny sip from his glass like it was our little secret. The rest of the family lived for the food, but I knew early on where my passion truly lay.

My Uncle Sunny opened a small Italian restaurant in Ronkonkoma, New York. Us six kids grew up in the back of that kitchen—messy clothes, hard work, and plenty of tears. And yet, here I am, still in business.

Forty years later, I'm still asking myself why. But deep down, I already know the answer.





Now, back to business:

We're thrilled to be here and to serve this wonderful community. What a busy and exciting time of year it is! The pool is full of happy splashes, the clubhouse is buzzing, and members are enjoying everything HVCC has to offer. We've also been busy hosting some fantastic events—thank you to everyone who made them possible!

A special thank you to Jim Guynn for hosting an outstanding Bourbon Tasting & Dinner, and to our wine rep Ryan Keaton from Breakthru for sharing his knowledge and introducing us to some wonderful new wines.

Here are just a couple things to look forward to:

- Ask our bartenders about our rotating weekly specialty cocktails
- Introducing our monthly Dinner Around the World: I look forward to seeing you in Europe!

And there's so much more to come—new experiences, fresh flavors, and that special sense of community that makes Hidden Valley your home away from home.

As we enter the third quarter, we kindly ask that members make dining reservations in advance whenever possible. This helps us better prepare and ensure every experience meets your expectations.

Please know my door and phone are always open. If you have suggestions, concerns, or ideas, I welcome them and would love to hear from you.

Thank you for your continued support. I look forward to seeing you at the Club!

Warmly,

DEBORAH A. GOGLIA

Director of Food & Beverage 540-389-8146 ext. 2001 dgoglia@hiddenvalleycc.com







CONNECT WITH US ON THE

CLUBHOUSE ONLINE MOBILE APP

Download the ClubHouse Online mobile app from your phone app store. We use this app to place mobile food orders make dining reservations, register for events and tee times, and view your statements. Sometimes we called this app 'Jonas'. That is the name of the software company we use in collaboration with the app.









JOIN US ON

CLUBSTER

On Clubster, available through a mobile app or desktop, you can find information on events as well as fun posts and pictures from around the club.









WEEKLY NEWSLETTERS FROM

CONSTANT CONTACT

Clubster is our main source of communication for updates and event information at the club. If you are not receiving Clubster emails, please email <code>jrocha@hiddenvalleycc.com</code> to be added.



Corporate Memberships at Hidden Valley

A MODERN, DYNAMIC COUNTRY CLUB EXPERIENCE

Consider converting to a Corporate Membership for the Business you own or make the pitch to your CEO or company President about Corporate Membership at HVCC.

The Corporate Golf and Corporate Social memberships are a valuable asset for many local businesses. The Corporate memberships offer versatility and amenities for entertaining clients, offering incentives to employees and increasing the company's visibility within our community.

HVCC Corporate Memberships provide Club amenities to the company designees, their spouses and children. With the flexibility to transfer benefits due to promotions or staffing changes and tiered pricing based on the number of designees, each Corporate Membership can meet the changing needs of the business.

CORPORATE SOCIAL MEMBERSHIP

- Social Designees (spouses and dependents) have full access to Clubhouse, dining and social activities
- Five (5) annual rounds of golf per designee (greens and cart fees apply)
- Full access to swimming pool
- No monthly food and beverage minimum
- Preferred guest rates, annual transfer of benefits (designee transfer)
- · Apparel discounts in the golf shop for all members
- Ability to add tennis access for \$105 per month per designee

3-5 DESIGNEES:

Initiation Fee: \$1000 Monthly Dues: \$205 per person

6-7 DESIGNEES:

Initiation Fee: \$2000 Monthly Dues: \$205 per person

8-10 DESIGNEES:

Initiation Fee: \$3000 Monthly Dues: \$205 per person

CORPORATE GOLF MEMBERSHIP

- Full golf access for all designees and spouses
- Unlimited greens fees & driving range usage
- Includes locker room amenities
- · Full access to Clubhouse, dining and social activities
- Full access to swimming pool
- · No capital or operating assessment
- No monthly food and beverage minimum
- · Complimentary use of Board Room and/or Ballroom for meetings and events
- Unaccompanied guest privileges, preferred guest rates
- Annual transfer of benefits (designee transfer)
- Apparel discounts in the golf shop for all members

3-5 DESIGNEES:

Initiation Fee: \$3000 Monthly Dues: \$420 per person

Includes one complimentary Social Membership

6-7 DESIGNEES:

Initiation Fee: \$5000 Monthly Dues: \$368 per person

Includes two complimentary Social Memberships

8-10 DESIGNEES:

Initiation Fee: \$8000 Monthly Dues: \$315 per person

Includes three complimentary Social Memberships

It is my pleasure to assist you in exploring the opportunities available at HVCC through the Corporate Membership packages for the business you own or the company for which you work.

Please reach out by email, phone, or feel free to stop by my office at the Club.

DIANA McGUIRE

Director of Sales

540-389-8146 ext. 2006

dmcguire@hiddenvalleycc.com





HIDDEN VALLEY COUNTRY CLUB 2025

SEASONAL ADD-ON 2025 MEMBERSHIP



Join us this summer for a season of fun in the sun and activities at Southwest Virginia's Premier Private Country Club! Our Seasal Add-On 2025 Membership includes: **POOL FACILITY, CAFÉ & POOL EVENT ACCESS, CLUBHOUSE RESTAURANT TAKE-OUT DINING,** and **CLUB HOLIDAY EVENTS** and is valid on extended family of year-round members in good standing, excluding Junior memberships, from May 1 to September 30.

The extended family of year-round members can sign up for their own, separate Seasonal Add-On Membership for the Pool. Just call or email and I will send the details or ask your family member to reach out to Diana McGuire, Director of Sales, at dmcguire@hiddenvalleycc.com or 540-389-8146 ext. 2006.

Email Diana for More Info

Call Diana for More Info

Apply Today!



HIDDEN VALLEY COUNTRY CLUB

Christmas in July

A FESTIVE, JOVIAL COUNTRY CLUB HOLIDAY EXPERIENCE

Look ahead to the Holidays and schedule your celebration or company party at HVCC!

Hidden Valley's Christmas in July offers rewards when you schedule your Holiday Party by July 31. Reserve your venue at the Club for a November / December event and receive one of the following:

OPEN BAR UPGRADE

BUTLERED CHAMPAGNE TOAST

Receive a Full House Bar for the Beer/Wine Bar pricing

Served Champagne toast at no charge

PASSED APPETIZERS

Receive an additional Tier 1 selection at no charge

It will be my pleasure to assist you in scheduling and planning your holiday celebration, company party or year-end client appreciation. We welcome event reservations for 10 to 200+ guests, while the Christmas in July offer is available for gatherings of 50 or more guests, only.

Please reach out by email, phone, or feel free to stop by my office at the Club.

DIANA McGUIRE

Director of Sales

540-389-8146 ext. 2006

dmcguire@hiddenvalleycc.com

Email Diana for More Info

Call Diana for More Info



GOLF SHOP

TUESDAY-SUNDAY

8:00AM-5:00PM

LESSONS, CLUB REPAIR & FITTINGS AVAILABLE











GOLF TIPS & TRICKS

WITH PHIL SMILEY

Greetings Golfers,

The key to getting better is knowing what to practice. Keeping your stats after each round will let you know what part of your golf game that needs the most attention at that time. What stats should you keep; Number of Putts, Fairways hit, Greens hit, sand saves, and penalty shots.

Tailor Practice makes for better scores and keeps the handicap going down. If putting is the problem, focus on putting drills like 3 to 4 feet away, and then lag putting to eliminate 3 and 4 putts.

If you are not able to get your chips and pitches close, go to the short game area and practice hitting chips and pitches to a hole location with a towel in your landing area to get more focus on the spot instead of the hole location.

Struggling to hit the greens, look at where you are missing the target. Is it short, long, right, or left. Most times are due to alignment. When practicing your iron game, try putting down alignment rods with one at the target and then one on your feet to make sure both are setup parallel.

Driver going everywhere? Try the alignment rods like the irons but also focus on tempo. The driver is the only club in the bag that we are trying to maximize the full distance of the club. What we have found is that a constant tempo can help with ball striking and distance. Keep the tempo steady throughout the swing for more consistent results.

Practicing with a purpose and not just hitting golf balls will help with keeping your game more consistent. Use your time wisely and practice for about 20 minutes on the focus part that is struggling and then spend the reminder 20 minutes on the rest of the game. It is not about the number of golf balls you hit, but the quality in which you hit them.

See you on the course,

PHIL SMILEY

PGA Head Golf Professional 540-389-8146 ext. 2004 psmiley@hiddenvalleycc.com





GOLF SCHEDULE

JULY July 4

uly 4 Red, White, and Blue Tournament

July 8–10 Junior Golf Camp

July 10 MGA Night

July 11–12 19th Annual Four Ball Invitational

July 14-17 Sneak and Cleat Camp

July 15 Titleist Fitting Day

July 17 MGA Night

July 19-20 Men's Member-Member

July 21–23 Junior Golf Camp

July 24 MGA Night

July 25 Cobra Fitting Day

July 26 Ladies' Member-Member

July 28 Salem High School Benefit Outing

July 31 MGA Night

AUGUST

August 1 9 & Dine

August 7 MGA Night

August 9–10 Club Championship

August 14 MGA Night

August 16 Parent-Child Tournament

August 18–20 Aerification (Course Closed)



GOLF SCHEDULE

SEPTEMBER September 1 **Labor Day Golf Event** September 4 **MGA Night** September 6 First Tee Event Salem High School Invitational September 8 September 9 **WGA Fall Ringer** September 11 **MGA Night** September 12 **Golf Outing** September 18 **MGA Playoffs** September 20 **Glow Golf** September 25 **MGA Finale Shoot-out** September 26 **Golf Outing** September 27 **Mixed Scotch Foursomes** September 29 **Golf Outing**



HIDDEN VALLEY COUNTRY CLUB HOSTS:

Red, White & Blue Tournament

FRIDAY, JULY 4

8:00AM BAR OPENS FOR DRINK ORDERS

9:00AM SHOTGUN START

1:30PM LUNCH SERVED IN THE BALLROOM WITH BEER AND COCKTAIL SPECIALS

LUNCH BUFFET INCLUDES BBQ Ribs, Pulled Pork,
Pulled Chicken, Bratwursts, Baked Beans,
Macaroni Salad, Mixed Green Salad, Dinner Rolls,
Ice Cream Sandwiches, Water, Tea, and Lemonade





REGISTER USING ANY METHOD BELOW

540-389-8146 ext. 2004





Summer Tennis Camps

HVCC 2025 10 & UNDER SUMMER TENNIS CAMPS

11:00AM-NOON

MONDAY, JULY 7 & WEDNESDAY, JULY 9

MONDAY, JULY 21 & WEDNESDAY, JULY 23

Beginner Level (ages 6-10)

This camp is Intended for those who are new to tennis and are interested in learning the fundamentals of the tennis game. \$20 per day, per member; \$15 per day, per non-member.

Please email Eduardo Rincon: eduardo@hiddenvalleycc.com or call 678-735-2393 to register.

SNEAK & CLEAT TENNIS & GOLF CAMP

11:00AM-NOON

MONDAY, JULY 14-THURSDAY, JULY 17

Please contact the **Golf Pro Shop** for more information and to register.

HVCC 2025 HALF-DAY TENNIS CAMPS

2:00PM-4:00PM

MONDAY, JULY 7-THURSDAY, JULY 10

MONDAY, JULY 14-THURSDAY, JULY 17

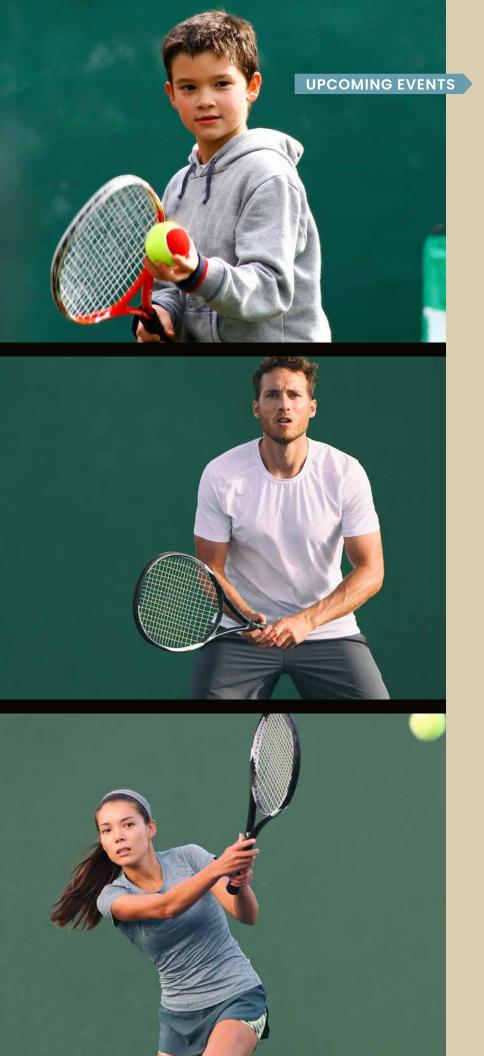
MONDAY, JULY 21-THURSDAY, JULY 24

Intermediate (ages 10 and up*), High School, and Advanced Levels

*Younger players with playing experience COULD and MUST be approved by tennis staff.

These camps are designed for players who are interested in learning more about Tennis and taking their games to the High School or tournament level. Each session will consist of fun drills, fitness and match play. Please consult the tennis staff concerning the level of your junior player. \$30 per day, per members; \$40 per day, per non-member.

Please email Eduardo Rincon: eduardo@hiddenvalleycc.com or call 678-735-2393 to register.



4th OF JULY MIXER

FRIDAY, JULY 4 9:30AM

BREAKFAST AT WIMBLEDON

SATURDAY, JULY 12 10:00AM

SNEAK & CLEAT CAMP

MONDAY, JULY 14

SNEAK & CLEAT CAMP

TUESDAY, JULY 15

SNEAK & CLEAT CAMP

WEDNESDAY, JULY 16

SNEAK & CLEAT CAMP

THURSDAY, JULY 17

US OPEN MIXER

FRIDAY, AUGUST 22

NATIONAL LEVEL 5 BOYS & GIRLS 14'S LU MERRITT MEMORIAL TOURNAMENT

FRIDAY, AUGUST 22

NATIONAL LEVEL 5 BOYS & GIRLS 14'S LU MERRITT MEMORIAL TOURNAMENT

SATURDAY, AUGUST 23

LET'S GET PUMPED

WITH BRITTNEY ARNER & CAITLIN McKEE -

Precision Training LLC provides Hidden Valley Country Club with in-house personal trainers and a registered dietitian to help all members achieve their wellness goals.

How much physical activity do you need?

The American Heart Association recommendations for adults:

FIT IN 150+

Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity (or a combination of both), preferably spread throughout the week.

MOVE MORE, SIT LESS

Get up and move throughout the day. Any activity is better than none. Even light-intensity activity can offset the serious health risks of being sedentary.

ADD INTENSITY

Moderate to vigorous aerobic exercise is best. Your heart will beat faster, and you'll breathe harder than normal. As you get used to being more active, increase your time and/or intensity to get more benefits.

ADD MUSCLE

Include moderate- to high-intensity muscle-strengthening activity (like resistance or weight training) at least twice a week.

FEEL BETTER

Physical activity is one of the best ways to keep your body and brain healthy. It relieves stress, improves mood, gives you energy, helps with sleep and can lower your risk of chronic disease, including dementia and depression.



SIGN UP TODAY!

SMALL GROUP TRAINING

JOIN US FOR A 12-WEEK
GROUP TRAINING PROGRAM
STARTING IN JULY.

Maximize your workouts in a small group setting with the assistance of a certified personal trainer. This is a twelve-week long training program that provides accountability to help you better achieve your personal goals. Groups are only 4–8 people in size to ensure more personalized attention. Each one-hour session focuses on cardiovascular endurance, muscular and core strength, proper movement patterns, and individual progression.

JULY 1-SEPTEMBER 19

MONDAY & WEDNESDAY

9:00AM-10:00AM

FULL

TUESDAY & THURSDAY

8:30AM-9:30AM

FULL

TUESDAY & THURSDAY

9:30AM-10:30AM (1 spot available)

TUESDAY & THURSDAY

10:30AM-11:30AM (1 spot available)

TUESDAY & THURSDAY

4:00PM-5:00PM (3 spots available)

Email Brittney Arner To Sign Up

brittneyprecisiontraining@gmail.com

What can Precision Training do for you?



STRETCHING 2.0

Take your stretching routine to the next level! Get individualized attention by one of our inhouse personal trainers to address specific areas of concern while learning more advanced stretches that can help improve range of motion, flexibility, and target common areas prone to overuse injuries.

TUESDAYS

AUGUST 5-AUGUST 26

5:00PM-5:30PM

\$75 per person

Email Caitlin McKee To Sign Up

caitlinmckeerd@gmail.com

HEALTHY EATING SEMINAR & RECIPE EXCHANGE

TUESDAY

SEPTEMBER 23

5:15PM-6:00PM

Free for Members

Email Caitlin McKee To Sign Up

caitlinmckeerd@gmail.com



ELEVATE YOURSELF

Personal Training &

PRECISION TRAINING

Our in-house fitness center is run by Precision Training and is open 7 days per week for Members to enjoy full use of the facilities. Contact Brittney Arner at brittneyprecisiontraining@gmail.com for more information about classes and training.

PERSONAL MEASUREMENT PROFILE

Body Fat %, BMI, Measurements, Posture & Alignment Photos

\$30

COMPREHENSIVE FITNESS ASSESSMENT

Assessment of physical fitness, strength, mobility, flexibility balance, etc.

(Includes PERSONAL MEASUREMENT PROFILE.)

\$60

1-ON-1 TRAINING

Personal Trainer guides the individual through a custom training program designed to reach their short-term and long-term fitness goals.

1 SESSION	\$ 6 5
5 SESSIONS	\$300
10 SESSIONS	\$ 5 5 0
20 SESSIONS	\$995

BUDDY TRAINING

Similar to 1-on-1 but each session is partnered and goal-specific, targeting both clients' strengths and weaknesses. 2 people maximum; priced per person.

5 SESSIONS		
10 SESSIONS	\$315	
20 SESSIONS	\$ 5 6 0	



👚 12-WEEK SMALL GROUP TRAINING

Achieve your fitness goals within a group setting. All sessions focus on total body strength, cardiovascular endurance, flexibility, mobility, and balance.

2	DAYS	PER	WEEK	\$365
3	DAYS	PER	WEEK	\$510

TAKE HOME TRAINING PROGRAM

A custom program developed to help busy people reach their fitness potential. After a fitness assessment is complete, a PDF of your custom program will be sent to you.

4	WEEK	PROGRAM	STARTS	ΑT	\$110
6	WEEK	PROGRAM	STARTS	ΑТ	\$165
8	WEEK	PROGRAM	STARTS	ΑТ	\$220

NUTRITION CONSULTATION

Personal nutrition recommendations, including calorie and macronutrient suggestions and a 3-day sample meal plan \$75

NUTRITION FOLLOW-UP

30-minute nutrition follow-up to assess progress and make adjustments \$40

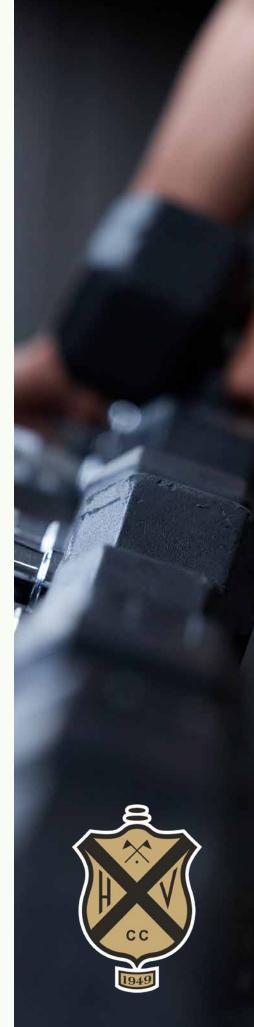
CUSTOM MEAL PLAN

Meal plans are based on your nutritional and caloric needs as well as personal preferences, schedule, exercise, and specific goals \$80

WEEKLY NUTRITION COACHING

30-minute nutrition follow-up each week to assess progress and make adjustments

\$150 /MONTH





2500 Romar Road Salem, Virginia 24153 **540-389-8146** hiddenvalleycc.com