

Jacqui Pile

Jacqui Pile has been in the Wellness Industry for over 20 years, working as an ACE Certified Personal Trainer, Health Coach and Medical Exercise Specialist. She also has recently completed her 500 Hour Yoga Teacher Training and is registered with Yoga Alliance.

In 2021, she plans to begin studies in Ayurvedic Wellness Coaching with Katie Silcox, as well as becoming a Senior Fitness Specialist through ACE.

She enjoys bringing "Wellness" to varying populations, focusing on individual needs, goals and health challenges ~ while working with a Holistic approach.

She and her husband live in Abingdon and have three grown children, as well as a wonderful daughter-in-law.

[ACE Certified Personal Trainer](mailto:bodyworks.tri@gmail.com)
bodyworks.tri@gmail.com

276-628-1152 (Home) / 276-690-5624 (Cell)



Personal Training Packages

Individual Sessions

- 1 Hour Session – no consult
 - CRC - \$45

CRC Group Sessions

- 4/ 1 Hour Sessions - \$168
- 6/ 1 Hour Sessions - \$240
- 8/ 1 Hour Sessions - \$304
- 12/ 1 Hour Sessions - \$450

Orientations / Body Composition Analysis

- Orientation \$15 per hour session
- Body Composition Analysis / Fitness Assessment - \$10 per 30 minute consult

