

WATAUGA COUNTY PARKS & RECREATION

Phone: 828-264-9511 Fax: 828-264-9523

www.wataugacounty.org

PERSONAL TRAINING REGISTRATION FORM

PARTICIPANT INFORMATION:

First Name: _____ Last Name: _____

Birthdate: _____ Gender: Female _____ Male _____ Prefer not to answer _____

Home Address: _____ City/State/Zip: _____

Phone Number: _____ Email Address: _____

Preferred method of contact: Phone Call _____ Text Message: _____ Email: _____

PERSONAL TRAINING RATES:

	WATAUGA COUNTY RESIDENT	NON-RESIDENT
Single person requesting one to three sessions:	\$50 per hour	\$75 per hour
Single person requesting four or more sessions:	\$40 per hour	\$60 per hour
Single group (2-3 people) requesting one to three sessions:	\$45 per person per hour	\$67.5 per person per hour
Single group (2-3 people) requesting four or more sessions:	\$35 per person per hour	\$52.50 per person per hour
<i>*You must be a current member of the Watauga Community Recreation Center or pay the individual daily pass fee to participate in this program. The daily pass fee is \$10 for Watauga County Residents and \$15 for non-residents.* Rates vary for children and seniors.</i>		
<i>**Payment is due at the time of registration. Your information will be sent to the personal trainers and you will be contacted about scheduling sessions within five (5) business days.**</i>		

PERSONAL TRAINING INFORMATION:

Number of sessions requested: _____

Would you like a specific trainer: Yes / No _____

If yes, please list who: _____

Please list what type of training you are looking for or the goals you would like to accomplish: _____

Do you have any health concerns we should know about: _____

Do you have any day or time requests: _____

I understand that participating in activities sponsored by Watauga County carries inherent risks and that I could be injured as a result of that participation. Watauga County appreciates my participation but it cannot and is unwilling to assume those risks for me. There is no insurance available through the County to compensate for injuries to me. I agree to release, indemnify and hold harmless Watauga County and its elected and appointed officials, employees and agents from any and all claims, losses, damages, expenses and fees of any kind arising directly or indirectly from my participation in any matter or activity for Watauga County. **REGISTRATION FEES WILL NOT BE REFUNDED**

SIGNATURE: _____ **DATE:** _____

FOR OFFICE USE ONLY

Date: _____ Fee: _____ Staff Member: _____ Receipt Number: _____

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TRAINER INFORMATION SHEET



Jessica Welch

AFFA Certified Personal
Trainer for 13 years
Group Fitness Instructor
CPR/AED/
First Aid Certified
B.S. in Health Promotion

Areas of Specialty:

- Strength Training
- Lifestyle and Weight Management
- Core Strengthening
- Functional Fitness



Estyn Phipps

CPR/AED/ First Aid Certified
Group Fitness Instructor of Cy-
cling, Tai Chi, and Chair Yoga
B.S. in Health Promotions, M.S. in
Public Health Nutrition

I specialize in functional fitness, strength training, cardiorespiratory endurance training (running and swimming) and nutrition. *I'm very passionate about helping others find happiness in life and feel good about themselves. I believe that when you FEEL GOOD, you excel in life.*



Laura Elliott

AFFA Certified Personal
Trainer
CPR/AED Certified
Spin Instructor
B.S. Biology
M.S. Environmental
Education

A native of NJ, I have lived in WNC for the last 30 years. I'm a lifelong fitness enthusiast and want to help others reach their personal health and fitness goals. From entry level to advanced, I can help tailor a plan of activities just right for you. My specialty areas include strength training, cardiorespiratory training, functional fitness, cross training and flexibility.

April Robbins

As a Watauga County native, I am passionate about helping my community become stronger and more confident through a healthy, active lifestyle. I enjoy helping others find and reach their fitness goals through strength training, cardio, nutrition, and utilizing all the opportunities provided by the Watauga County Rec. center. I'm excited to help individuals create a lifestyle that brings joy, health, long-life, and self-confidence in every stage of life.

See you Soon, April R

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TRAINER INFORMATION SHEET



Kylie Winkelmann

B.S Exercise Science

IPTA CPT

CPR / First Aid

- Strength training
- Mobility
- Pre/postnatal
- Deep core
- Having fun! Helping people move properly

Kylie was born and raised in the high country, and has a love for movement that's functional and contributes to daily life!



Willa Gettys

CPR/AED and First Aid
with Adults and

Pediatrics

NFPT Certified

B.S. In Allied Health Sci-
ence

As a former collegiate tennis player, I have a passion for training clients of all ages. I specialize in sport-specific performance, especially with racket sports of any kind. I also enjoy working with those who have general fitness, endurance/agility, or weight loss goals. My goal is for every client to finish each workout feeling healthier and happier!



Aaron Isreal

NASM CPT

Certified Nutrition Coach

Six years ago I was laying on a couch in my living room and I thought to myself, "I really need to exercise more & eat

better". At the time, I had no idea this was the beginning of a health journey that would impact my life forever and bring me here to Watauga rec as a personal trainer. I have fallen in love with the feeling of being strong & healthy, and I want everyone in my community here in the high country to also experience the of being strong, healthy, and confident.



Jules Jenkins

ACE Certified

I love to help others reach their unique fitness goals through strength, cardiorespiratory, and Pilates-style training. We will collaborate to ensure a comfortable and motivating workout experience. My mission is to help you feel good in your body and walk in confidence.