

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: WAT | AUGA 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 |
| *You must be a current member of the Watauga Community Recu program. The daily pass fee is \$10 for Watauga County Reside **Payment is due at the time of registration. Your information scheduling sessions with | ents and \$15 for non-residents | s.* Rates vary for children and seniors. |
| PERSONAL TRAINING INFORMATION: | | |
| Number of sessions requested: | | |
| Would you like a specific trainer: Yes / No | 001111 | |
| If yes, please list who: | COUNT | <u>Y</u> |
| Please list what type of training you are looking for or the goals you | would like to accomplish: | N |
| 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 C participation. Watauga County appreciates my participation but it c ance available through the County to compensate for injuries to me its elected and appointed officials, employees and agents from any directly or indirectly from my participation in any matter or activity SIGNATURE: | annot and is unwilling to assure. I agree to release, indemnify and all claims, losses, damages for Watauga County. REGISTR | me those risks for me. There is no insurand hold harmless Watauga County and s, expenses and fees of any kind arising RATION FEES WILL NOT BE REFUNDED |

FOR OFFICE USE ONLY

Staff Member:___

Fee:_

Date:_

Receipt Number:_

WATAUGA COUNTY PARKS&RECREATION

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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

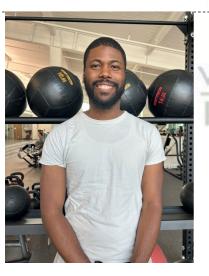


Seth Pruitt

ACSM Certified Personal Trainer
Group Fitness Instructor for 4
years
CPR/AED Certified
B.S. in Health and Exercise
Science

Areas of Specialty:

- Strength Training
- · Lifestyle and Weight Management
- Core Strengthening
- Functional Fitness
- Modified Programs



Marcus Dennis

CPR/AED Certified

10+ years Certified Personal
Training

2+ years Certified Healthy
Lifestyle Coaching

I am from Boston, MA (and no, I don't have the accent)! My availability is early mornings & some evenings. My specialties include weight loss, strength & conditioning, core focus, and plant-based nutrition guidance. I am excited to work with you!

I can help you whether you are new to the gym looking to shed unwanted weight, an avid exerciser looking to build muscle, or somewhere in between.

I have experience with pre and post natal mothers, pre and post surgery patients, special needs population and power lifters.



Estyn Phipps

CPR/AED/ First Aid Certified
Group Fitness Instructor of Cycling, 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.

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TRAINER INFORMATION SHEET

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



Spencer Riley

CPR/AED NSCA-CPT

I specialize in strength & conditioning, weight loss and physique building. I thrive off of helping others achieve their goals and watching their confidence and success rise to the occasion! I have the utmost confidence that anyone can achieve their fitness goals with the right approach!

WATAUGA COUNTY
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