

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:	\$45 per hour	\$67.50 per hour
Single person requesting four or more sessions:	\$35 per hour	\$52.50 per hour
Single group (2-3 people) requesting one to three sessions:	\$40 per person per hour	\$60 per person per hour
Single group (2-3 people) requesting four or more sessions:	\$30 per person per hour	\$45 per person per hour
*You must be a current member of the Watauga Community Recomprogram. The daily pass fee is \$10 for Watauga County Resident **Payment is due at the time of registration. Your information scheduling sessions with	ents and \$15 for non-residents	* Rates vary for children and seniors.
PERSONAL TRAINING INFORMATION: Number of sessions requested:		
Would you like a specific trainer: Yes / No		
If yes, please list who:	COUNT	Y
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 assune. I agree to release, indemnify and all claims, losses, damages for Watauga County. <b>REGISTR</b>	ne those risks for me. There is no insurand hold harmless Watauga County and s, expenses and fees of any kind arising ATION 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

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.



#### **Chelsea Mudiam**

Certified Group Fitness Instructor & Personal Trainer

CPR/AED Certified

Certified CF-L1 Trainer

Specializes in: - Strength & Conditioning - Functional Fitness (Balance, Core Strength, Injury Rehab, etc.) - Power & Olympic

Lifting - Perinatal Fitness - Pilates & Core Stability Programming. Two words sum up my fitness belief system: Intensity and Acceptance. When we bring both Intensity and Acceptance along on our fitness journey, we have a better chance of achieving consistency, results, and long-lasting health. I believe we can all benefit from challenging ourselves with intense workouts, new movements, and programming that shakes up our lifestyles and daily habits.



#### **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.

# WATAUGA COUNTY PARKS&RECREATION

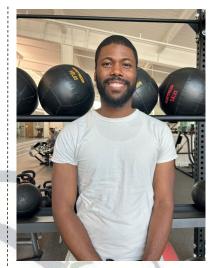
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**Addie Coffelt** 

BS Exercise Science (Expected 2025)



**Marcus** 

CPR/AED Certified

10+ years Certified Personal
Training

2+ years Certified Healthy
Lifestyle Coaching

I'm a student at App State with a major in exercise science and a minor in nutrition. My specialties for training include strength/weightlifting, functional training, power lifting, and cardio. I am passionate about helping people to become their best selves, physically and mentally!

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!



**Wendy Ellis** 

ACE Certified Trainer
CPR/ First Aid /AED

This year marks my 25th in wellness. I love working with people at all stages of their journey; whatever their age, fitness level or goals. My favorite workouts are Water Bootcamp, Kickboxing, Cardio and Strength Intervals, and Dance. I am very experienced in working with Cancer Survivors and those new to exercise or returning after hiatus.

COUNTY