

# 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:	\$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 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.*

*\*\*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.\*\**

### 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
- Modified Programs



**Seth Pruitt**

ACSM Certified Personal Trainer

Group Fitness Instructor for 4  
years

CPR/AED Certified

B.S. in Health and Exercise  
Science

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 & Condi-  
tioning - 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 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, cardi-  
orespiratory 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



**Marcus**

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!



**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.

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