

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

****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.



Barbara-Anne Wiedemann

CPT (In-Progress)

I specialize in helping women feel their best! From weight loss to strength training to conditioning I want to help you achieve your goals. I focus on a holistic approach and enjoy tailoring a plan for YOU.



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!



Bradley Freels

CPR/AED Certified

Currently Working on NASM CPT

B.S. in Exercise Science

Specialties:

Strength & Conditioning

Core Strengthening & Stability

Kettlebell Exercises

Growing up in sports, I learned the value of discipline, teamwork, and pushing past limits—lessons I now bring to my clients in the gym. My goal is to make training fun, challenging, and tailored to you, so you can build strength, confidence, and healthy habits that stick. I look forward to helping you accomplish your goals!



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.

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TRAINER INFORMATION SHEET



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.



Willa Gettys

CPR/AED and First Aid with Adults and Pediatrics

NFPT Certified

B.S. In Allied Health Science

As a former collegiate tennis player, I have a passion for training cli-

ents 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!

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