

# WATAUGA COUNTY PARKS & RECREATION

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

[www.wataugacounty.org](http://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: \_\_\_\_\_

# WATAUGA COUNTY PARKS & RECREATION

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

[www.wataugacounty.org](http://www.wataugacounty.org)

## 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.*



# WATAUGA COUNTY PARKS & RECREATION

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

[www.wataugacounty.org](http://www.wataugacounty.org)

## 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.