

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.



Zoe Storm

CF-L1, ISSA Nutritionist

BS Exercise Science (Expected
2023)

MS Exercise Science (Expected
2024)

My belief is that exercise is medicine. Through my college education and my own personal experiences as a group fitness instructor for two years, I have firsthand knowledge of the importance of exercise. My passion is to help you meet your personal goals, whether that be general health and wellness or sports performance. I have experience with various training levels, ages, and modalities such as strength training, cardiorespiratory exercise, and mobility.



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, 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



Addie Coffelt

BS Exercise Science
(Expected 2025)

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!



Gabriel Quecedo

CPR/AED Certified
Nation Federation of Personal
Training
B.S. in Science Kinesiology (Study
of Body Movement)

I am a personal trainer looking to help any individual reach their goals and live an overall happier and healthier lifestyle. I specialize in cardiovascular endurance, strength training, mobility, and overall flexibility.



Emily Bauer

CPR/AED Certified
Nation Federation of Personal
Training
B.S. in Science Kinesiology
(Study of Body Movement)

I gained a passion for fitness when I was training to become a basketball player. With incorporation of the weight room, this earned me a spot on a state championship level team and I eventually went on to play college basketball. I currently powerlift now as a hobby. Fitness opens up opportunities for a better quality of life and it creates a sense of community. I am blessed to have had the privilege of gaining knowledge through my undergraduate degree and while I obtain my Masters in Exercise Science. These opportunities have allowed me to work and be a part of so many people's journeys. I would love to help you reach your fitness goals!



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!

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TRAINER INFORMATION SHEET



Chelsea Mudiam

Certifications: CrossFit
Level 1

Certified Trainer CPR/
AED

Certified Group Fitness
Instructor for 2 years

I am passionate about fitness for life, not just for aesthetics. I'm a mom, a wife, and have been a CrossFit athlete for 11 years. I specialize in HIIT-style training, perinatal fitness, and functional conditioning. I believe the foundation for a healthy, happy life includes a balanced relationship to fitness that produces results and consistency. I believe it is a privilege to move our bodies and build our strength and I am eager to be a part of any journey toward better health and wellness



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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