

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

www.wataugacounty.org

PERSONAL TRAINING REGISTRATION FORM

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: WATA	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
Payment is due at the time of registration. Your information scheduling sessions wit	will be sent to the personal trainers o hin five (5) business days.	and you will be contacted about
Would you like a specific trainer: Yes / No	COUNTY	
Would you like a specific trainer: Yes / No If yes, please list who:	would like to accomplish:	
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	ECREATION	
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 Do you have any health concerns we should know about: Do you have any day or time requests:	ECREATION	

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.



Zoe Storm

CF-L1, ISSA Nutritionist

BS Exercise Science (Expected 2023)

MS Exercise Science (Expected 2024)



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

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.

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)



Gabriel Quecedo

CPR/AED Certified

Nation Federation of Personal

Training

B.S. in Science Kinesiology (Study of Body Movement)

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 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.

Binnaria

Emily Bauer

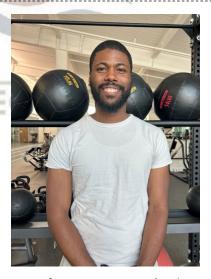
CPR/AED Certified

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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