

Personal Trainer Information

Please read through the descriptions of each personal trainer then fill out the form attached.

Corey Valentine– Corey Valentine was born and raised in Mount Airy, NC and loves to serve the community that helped build him. Corey received his personal trainer certification through IFTA. He has been involved with programs for teens in fitness, weight loss challenges, coached youth basketball, coached MA High School track, and volunteers with 5K's. Corey is trained to help with all fitness levels whether it's beginning or advanced, if your goal is to lose weight or build muscle, Corey is the guy for you! He loves to see his clients exceed in their personal goals.

Mandy Martin – As a personal trainer and fitness instructor with over 14 years of experience, Mandy focuses on fat loss and strength building through rest based training. Offering only 30 minute sessions, Mandy's ideal client is someone who is looking to take their fitness to the next level and "work smarter, not harder".

Rachael Williams– Rachael is a NASM Certified Personal Trainer, SilverSneakers certified Instructor, as well as AAAI/ISMA certified Yoga Instructor. Her passion for fitness began in 2012 when she started putting in the work at the gym and saw it transform the way she moved outside of the gym. She has a passion for whole-body wellness and focuses on a mind-body connection through movement. She has a passion for whole-body wellness and focuses on a mind-body connection through movement. Rachael specializes in strength training, senior fitness, and corrective exercise.

Sandra King– Sandra King has worked as a personal trainer for 20 years and as a fitness instructor for 26 years with numerous certifications. Her specialties range from BootCamp, kickboxing, Circuit/Interval Training, Zumba, Schwinn Indoor Cycling, yoga, step-aerobics, Stability ball, and Nautilus Strength Training. She also specializes in Senior/Adult Fitness and Strength Training.

Stephanie Hiatt– Stephanie is a current Physical Therapy Assistant student at SCC. She is CPR/AED certified with the American Heart Association. Stephanie is a personal trainer of 3 years through the National Academy of Sports Medicine. She specializes in cross-training, body building, general health, mobility, and corrective exercise.

Wes Brown– Wes Brown has owned/operated two Nautilus Fitness Centers for 19 years. He has worked for Nautilus, Inc. for 16 years in sales, product development, and education. Wes advocates and supports slow, controlled strength training methods in regards to high-intensity training for overall, total body workouts. He has numerous certifications including NSMI & SSEG and has personally overseen/supervised over 17,000 training sessions. Wes prefers short, 30-minute workouts that are documented throughout.

Jeff Keck– Jeff is a NASM certified personal trainer with 5 years' experience serving the Surry county area teaching fitness class and personal training. He has experience in weight loss, strength training, hypertrophy, and cardio training.

Personal Trainer Request Form

Please complete the form in its entirety and return to the Front Desk Staff!

Contact Information

Name: _____ DOB: _____ Date: _____
Address: _____ City: _____ State: _____ Zip: _____
Home Phone: _____ Cell Phone: _____
Emergency Contact: _____ Phone Number: _____

Availability

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<input type="radio"/> Morning	<input type="radio"/> Morning	<input type="radio"/> Morning	<input type="radio"/> Morning	<input type="radio"/> Morning
<input type="radio"/> Afternoon	<input type="radio"/> Afternoon	<input type="radio"/> Afternoon	<input type="radio"/> Afternoon	<input type="radio"/> Afternoon
<input type="radio"/> Evening	<input type="radio"/> Evening	<input type="radio"/> Evening	<input type="radio"/> Evening	<input type="radio"/> Evening

How many days per week would you like to train? _____

Trainer Preference

1st Choice: _____ 2nd Choice: _____ 3rd Choice: _____

Experience/Goals

Would you consider yourself a:

Beginner

Intermediate

Advanced

Goals/Objectives:

Please list any questions/comments/concerns you may have:

FRONT DESK USE ONLY

Step One: Contact Personal Trainer to inform of possible client

Initials: _____ Date: _____

Step Two: Follow up with Personal Trainer to ensure they have contacted the possible client (3 Days)

Initials: _____ Date: _____