

# **PERSONAL TRAINING**

**All Kroc Trainers are approved local *INDEPENDENT CONTRACTORS***  
**Please contact the trainer of your choice for specific prices  
and available training options**

**Active Trainers - Current as of 5-17-18**

## **Heather Morris, BS, CI-CPT, NASM-WFS**

### **MoXFit Personal Training**

Beginner's & General Fitness / Pre Natal & Postpartum Fitness  
Strength & Conditioning / 5K to Marathon training  
Balance & Core Training / TBI & Cardiac Clients / Body Composition  
Nutrition Guidance / NASM Certified Women's Fitness Specialist  
Certified through: Cooper Institute, National Academy of Sports Medicine (NASM)

[moxfit@live.com](mailto:moxfit@live.com)

(830) 377 – 0250

## **Mindy Rhodes, BA, CEP**

Beginner's & General Fitness / Senior's Fitness / Strength Training  
ACSM Certified Exercise Physiologist  
Certified through: American College of Sports Medicine (ACSM)

[Mrhodes608@gmail.com](mailto:Mrhodes608@gmail.com)

(830) 353 - 1282

## **Ken Marshall, BA, ACE-CPT**

### **Ken Marshall Personal Training**

Beginner's & General Fitness / Weight Management Specialist  
Strength Training / Certified Seniors Fitness Specialist / Golf Conditioning Specialist  
Sports Performance / Nutrition  
Certified through: American Council on Exercise (ACE): GMP Fitness;  
American Academy of Health & Fitness (AAHF)

[kennethmarshall1@yahoo.com](mailto:kennethmarshall1@yahoo.com)

(830)285 – 3109

## **Brandon Taylor, CPT**

Beginner's & General Fitness / Strength Training  
Lifestyle & Weight Management / Nutritional Guidance  
Senior Fitness / Sports Performance/ NPC Bodybuilding  
Military Physical Training  
Certified through: ACTION. Crossfit Level I

[dbrantaylor@hotmail.com](mailto:dbrantaylor@hotmail.com)

(361) 877 – 4182

## **Dan Seale, BS, NSCA-CPT, TSAC-F**

### **Omega Training**

Beginner's & General Fitness / Functional Strength / Fat Loss  
Muscle building / Toning / Tactical Strength & Conditioning  
Core stability / Senior's Strength & Fall Prevention  
Certified through: NSCA

[Omegatraining2@gmail.com](mailto:Omegatraining2@gmail.com)

(830) 777 - 2858

## **Corinne Delabarre, BS, ACE-CPT**

### **Corinne's Fit For Life Training**

Beginner's & General Fitness / Yoga / Endurance Fitness  
Triathlons / Core & Strength Training / Cycling  
Certified through: American Council on Exercise (ACE); NESTA; ACTION Personal  
Training, Yoga Alliance; Madd Dogg Spinning

[Corinnedelabarre5@gmail.com](mailto:Corinnedelabarre5@gmail.com)

(830) 777 – 0509

## **Nikolas McWhirter, BA, NSCA-CPT**

### **Encompass Personal Training**

Beginner's & General Fitness / Core & Strength Training  
Corrective Exercise / Martial Arts  
Certified through: ACTION; ACSM & NSCA

[nikjaemc@hotmail.com](mailto:nikjaemc@hotmail.com)

(361) 442 – 9233

## **Edie Jones, NASM-CPT**

Beginner's & General Fitness / Strength Training  
PUMP! / Bootcamp Classes / Water Aerobics / Runners / Fitness Nutrition  
Certified through: National Academy of Sports Medicine (NASM)  
in Personal Training

[ediejones@yahoo.com](mailto:ediejones@yahoo.com)

(830) 522 – 1628

## **Nelson Tumlinson, NSCA-CPT**

### **Hill Country Wellness & Performance, LLC**

Beginner's & General Fitness / Track & Field Throws  
Post-Therapy Fitness / Older adult populations  
Certified through: National Strength & Conditioning Association (NSCA)  
in Personal Training

[hcwperformance@gmail.com](mailto:hcwperformance@gmail.com)

(830) 496 - 0701