

PERSONAL TRAINING

All Kroc Trainers are approved local *INDEPENDENT CONTRACTORS*

***Please contact the trainer of your choice for their specific prices
and available training options.***

Active Trainers - Current as of 1-1-19

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

(830) 496 - 0701

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

(361) 877 - 4182

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

(830)285 - 3109

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

(830) 777 - 0509

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

(830) 777 - 2858

Edie Christine Jones, NASM-CPT

ECJ Personal Training

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

christinee2@gmail.com

(830) 522 - 1628

(830) 896 - 2211, ext. 6835

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

(361) 442 - 9233

Katya Sczepanik, MS, DVM, CPT

Dr. Katy's Personal Training

Beginner's & General Fitness / Weight Loss & Management
Lifestyle Transformation

Certified through: ACE & AAHF

ksczepanik@gmail.com

(830) 343 - 0177

Jay Lewis, BA, NASM-CPT

GitFit Personal Training

Beginner's & General Fitness / Older Adults / Weight Loss & Maintenance
Certified through: National Academy of Sports Medicine (NASM)

Culebra.james@gmail.com

(210) 618 - 5551

Melanie Chapa, BS, NASM-CPT

Multiply Personal Training

Beginner's & General Fitness / Older Adults / Core & Strength Training
Certified through: National Academy of Sports Medicine (NASM)

Chapa.melanie94@gmail.com

210) 415 - 3644

Sarah Hueber, MS, NASM-CPT

Faith and Fitness Personal Training

All-Level General Fitness / Sports Agility & Strength Training / Older Adults /
Yoga / Core Stability, Fitness Bootcamps / Kickboxing / Pilates / Nutrition
Certified through: ISSA, ASFA, AQUA Fitness

Sarahjhueber79@yahoo.com

(830) 353 - 2663