



PERSONAL TRAINING SERVICES

WELLNESS &
AQUATICS CENTER

PASS PRICES

PASS TYPE	FEE
60 MIN	\$60.00
30 MIN	\$40.00
3 pass (30 min)	\$105.00
5 pass (30 min)	\$150.00
10 pass (30 min)	\$250.00
3 pass (60 min)	\$165.00
5 pass (60 min)	\$250.00
10 pass (60 min)	\$450.00

PURCHASE
HERE



Visit the front desk at WAC or
call 301-475-4200 ext 1821 to
schedule your training sessions

HOW TO BOOK SESSIONS

1

Purchase your training package online or at the WAC front desk.

PURCHASE
HERE



2

To schedule your sessions, contact the WAC office at 301-475-4200 ext 1821 OR StMarysWellnessCenter@stmaryscountymd.gov
We will find a time that works with you and your trainer's schedule.

3

WAC staff will print your punch card on your first visit. Simply scan your card at each training session for entry.

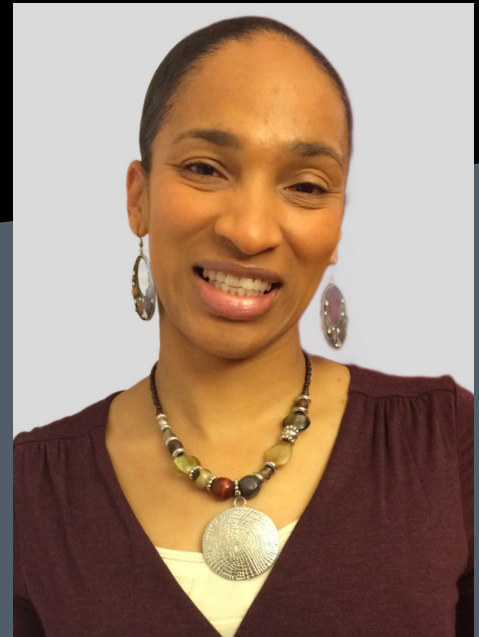
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Contact us with any questions
StMarysWellnessCenter@stmaryscountymd.gov
301-475-4200 ext 1821

WAC PERSONAL TRAINERS

Sherrise De Baugh

Sherrise De Baugh is a Southern Maryland native who has always had a lifelong fascination with sports, health, and fitness. The desire to further her education, love for sports, and a women's basketball scholarship led her to Shepherd University where she completed her undergraduate studies, earning a bachelor's degree in Recreation and Leisure Studies with a concentration in Exercise Science and Sport Fitness. She then continued her studies at California University of Pennsylvania where she earned a master's degree in Exercise Science.



Sherrise is a NSCA Certified Personal Trainer who enjoys training a broad range of individuals with various fitness levels, needs and goals. She also holds certifications in several specialized areas including post rehabilitative exercise, postural correction, sports performance enhancement, injury prevention, and stability and balance improvement.

With over 21 years of experience, Sherrise is confident in designing simple, effective programs to help you achieve your overall goals and lasting results. Her mission is to provide a safe, high quality personal training experience based on sound principles to help you achieve your desires of living a healthy lifestyle.

www.stmaryscountymd.gov/recreate/wellnesscenter

301-475-4200 ext 1821

WAC PERSONAL TRAINERS

Theresa Leonard

Theresa Leonard is a Certified Personal Trainer and Maryland Licensed Physical Therapist Assistant living and working in Southern Maryland since 2006. She believes that great physical health is a lifelong endeavor that can improve all aspects of a person's wellness and quality of life. Theresa has trained people of all ages and abilities with emphasis on form and function appropriate to each clients' goals and daily lives. In addition to general strength and endurance training, Theresa works with clients to accomplish a variety of goals including the following:

- Corrective Exercise
- Injury Recovery
- Sports Performance / Speed and Agility
- Olympic Style Weight Training
- Balance
- Flexibility
- Nutrition Coaching
- Weight Management

Certifications:

- Certified Personal Trainer (NASM)
- Corrective Exercise Specialist (NASM)
- Certified Nutrition Coach (NASM)
- Behavioral Change Specialist (NASM)
- Weight Management Specialist (ACE)
- Sports Performance Specialist (ACE)
- Youth Fitness Specialist (ACE)



Education:

Bachelor of Science:
Human Nutrition Foods &
Exercise Virginia Tech

Master of Science:
Corrective Exercise Science
University of Pennsylvania

Associate Degree:
Physical Therapy
Assistantship College of
Southern Maryland

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