

Group Exercise Instructor



Catherine Parris

NESTA- GEI

Qualifications:

Bachelor of Arts Degree in Psychology

National Exercise & Sports Training Association
Group Exercise Instructor

Arthritis Foundation Aquatic Program
Instructor

Training in Therapeutic Pilates

Contact Information:

Phone Number: 910-566-1200

Email: Catherine.Parris@genesishcc.com

Wellness Coordinator



Joseph Rouse

ACSM- GEI, NASM-CES

Qualifications:

Bachelor of Arts Degree in Physical Education:
Concentration Exercise Science

Currently pursuing a Master of Science Degree in
Human Movement:
Concentration Geriatric Exercise Science

American College of Sports Medicine
Certified Group Exercise Instructor

National Academy of Sports Medicine
Certified Corrective Exercise Specialist

Aquatic Exercise Association
Certified Aquatic Fitness Professional

Arthritis Foundation Certified
Aquatic Program Instructor

Arthritis Foundation Certified
Exercise Program Instructor

Contact Information:

Office Number: 910-319-2124

Email: Joseph.Rouse@genesishcc.com

Group Exercise Instructor



Nathan Futrell

Qualifications:

Bachelor of Science Degree in Exercise
Science

Arthritis Foundation Certified Aquatic
Program Instructor

Arthritis Foundation Certified Exercise
Program Instructor

Contact Information:

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Email: Nathan.Futrell@Genesishcc.com