



Vitruvian Health

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Bradley Wellness Center personal trainers have record month in February

DALTON, Ga. (March 14, 2025) – Bradley Wellness Center (BWC) set a record for monthly personal training sessions in February. BWC athletic trainers completed 819 sessions in a month with only 28 days. BWC continues to see multiple 1,000-plus visit days per week.

With an assortment of degreed and nationally certified trainers, Bradley Wellness Center can meet the fitness needs of everyone – from total beginners to the most advanced, from teens to seniors.

“Our goal is to help you reach your goal,” said Thom Morrison, fitness coordinator. “It’s as simple as that.”

As a hospital-based wellness center, BWC offers safe, efficient and effective one-on-one and small group personal training.

It can be especially challenging to succeed with your fitness goals if you have injuries or have been struggling with your health or weight for a while. Personal training at BWC begins with a no-commitment, free consultation and assessment. Training is affordable for most anyone with a variety of plans.

“You are too busy to spend time on a workout that doesn’t work,” Morrison said. “Our team of experienced trainers can help you look better, feel better and perform better with effective and efficient workouts.”

BWC’s personal training program is efficient, evidence-based and involves expert, educated trainers who hold national-level certifications, some with advanced degrees. Trainers build fitness plans on peer-reviewed scientific research to ensure that clients receive the safest and most effective workouts.

“Thirty-minute strength workouts – done properly – with the right exercises and the right intensity consistently produce excellent results – even when done only twice a week,” Morrison said. “Our trainers understand the real keys to help with fat loss and muscle growth and can help you look and feel your best in a fraction of the time. Life is better when you are healthy.”

For more information, call 706-279-9355 (WELL).

Sidebar:

About the Trainers

Mitchell Arthur is a personal trainer who holds an International Sports Science Association certification. He says he loves helping people who do not know where to begin. His own challenges with weight has given him compassion for those who are overweight or out of shape and don't know where to start. His ideal client is open-minded, inquisitive and dedicated to improving his or her health. "I especially enjoy working with those who are sick and tired of being sick and tired," he says. "Nothing beats seeing clients hit milestones and achieve the status of health they've been desiring."

Tucker Gregg is a personal trainer and certified strength and conditioning specialist who holds National Strength and Conditioning Association certification. He holds a Bachelor of Science degree in Exercise Science. He says he enjoys working with people from all ages, backgrounds and circumstances. His ideal clients are those willing to take on a challenge and strive to exceed their goals.

Emily Hardy-Croskey is a personal trainer who holds an International Sports Science Association certification. "It's not only in the aspect of shaping your body, but shaping your mind and soul into a renewed, well-rounded individual," she says. "Personal Training is an investment in yourself, and you will never regret the time spent."

Jason Karson is a National Academy of Sports Medicine (NASM) personal trainer with a specialty in corrective exercise. He especially works with people over 50 who struggle with the nagging symptoms of aging, to regain their strength and achieve levels of health and fitness. With more than 20 years of experience, Karson has built his practice transitioning clients from physical therapy/rehabilitation, back into fitness and active living. He is a Functional Movement Specialist (Level 1 & 2), trained in the "McGill Method" of treating back pain and is also a certified wellness coach (WellCoaches).

Aaron Mendez is a bilingual National Academy of Sports Medicine (NASM) personal trainer. He has a Bachelor of Science degree in Health and Fitness. He says as a trainer, he loves to help others transform through the fitness lifestyle. His approach is straightforward: Clients will be reminded that they must work hard, be consistent and put in effort, and that it will take time to reach their goals.

Thomas Morrison is an International Association of Resistance Trainers (IART) Certified Fitness Clinician (Level 1). An employee of BWC for 25 years, Morrison has worked with members of the facility and the community as a fitness consultant, corporate wellness specialist and currently as the coordinator of the fitness staff and an educator. As a busy professional, Morrison has had to learn many time saving techniques to get the most bang for the exercise buck and loves to share them with clients. His focus is on health, longevity and lifestyle change.

Catherine Rollins Schulke is a National Academy of Sports Medicine (NASM) personal trainer. Working hard to help her clients achieve their fitness goals is a priority. Passionate about strength training, functional fitness, nutrition and creating customized workout plans, she is dedicated to making fitness accessible, enjoyable and results-driven for everyone.

Megan Stockburger is an American College of Sports Medicine (ACSM) Certified Exercise Physiologist (one of the only personal training certifications that require a four-year degree to sit for the exam). She trains both in the public gym setting at BWC and in the Cardiac Rehabilitation program. A thorough and patient instructor, Stockburger is known for encouraging, praising and being able to help people move safely toward their goals.

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