



Personal Training, Nutrition, & Wellness Staff



**Boulder Parks
& Recreation**

Register online at www.BPRFitness.org or call 303-413-7270.

North • 303-413-7260
3170 Broadway 80304

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1360 Gillaspie 80305

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5660 Sioux Dr. 80303

Beth Podleski

Personal Trainer



- Certified Personal Trainer, National Academy of Sports Medicine (NASM)
- ❑ Beth's main passion is guiding people towards a healthier lifestyle. Every body is unique; each with its own strengths and limitations. Her method is to build a custom plan based on your shape, size, and fitness goals. Her aim is not only to transform your body, but to create a positive influence in making more mindful decisions when it comes to your health.
- ❑ Beth enjoys working with clients of all ages, from youths to seniors. She believes that through education, guidance and support, fun, and consistency, clients can feel confident and empowered while reaching their health and fitness goals.



Jasmyn Hicks

Personal Trainer



- Certified Personal Trainer, Corrective Exercise Specialist, Group Personal Training Specialist, National Academy of Sports Medicine (NASM)
- Bachelor of Science in Exercise and Wellness
- Jasmyn uses a science-based approach to training that will benefit you in your day-to-day life. She emphasizes injury prevention through functional training.
- Jasmyn believes that as we push ourselves in the gym we become better versions of ourselves. She loves seeing the joy that fitness brings to her clients.



Josh Krohn

Personal Trainer



- Certified Personal Fitness Trainer through the American Council on Exercise (ACE)
- My relationship with fitness began as a BMX racing athlete more than a decade ago and has grown into a lifelong passion, extending now into mountain biking and skiing. I believe there is some type of exercise that everyone can enjoy, we just need to find what it is for you!
- My main area of interest is prevention and treatment of chronic diseases strongly related to lifestyle, such as obesity and its comorbidities. I enjoy working with kids to foster the development of an active lifestyle, and I enjoy working with adults who currently have or are on track for chronic disease to help them get back to an active lifestyle and develop a new sustainable relationship with fitness.
- With a focus on strength training, I also enjoy working with athletes and anyone looking to build strength and muscle while speeding your metabolism to improve function and live a stronger, more enjoyable life!



Vincenzo Fanfarillo

Personal Trainer



- Certified Personal Trainer, American Aerobic Association International and The International Sports Medicine Association (AAAI/ISMA)
- ❑ Vincenzo has a passion for helping others and believes wholeheartedly that both fitness and nutrition are the core components for developing a life well lived. And lives a lifestyle dedicated to nurturing his mind, body and spirit.
- ❑ Vincenzo is able to adapt an exercise program to any age, fitness level or goal. With his experience, knowledge and understanding, Vincenzo provides his clients with the necessary tools to assist them in attaining and exceeding their fitness and wellness goals.



Blake Nelson Personal Trainer



- Certified Personal Trainer, National Academy of Sports Medicine (NASM)
 - MovNat Certified Trainer
- Blake finds training rewarding because helping someone get stronger and move better is empowering. They feel better, look better and become more confident every day. He believes the best way to achieve fitness goals is with a simple, progressive approach. Mastering new movement skills stimulates the body and mind. Taking the time to practice a movement takes commitment but achieves results.
- Blake's approach is to help build people up and help them grow through natural movement. He wants clients to end their sessions feeling strong and energized, not worn out. He wants them to take that strength and energy out into the rest of their day and the rest of their life!



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Sam Perry Personal Trainer



- Certified Personal Trainer, American College of Sports Medicine (ACSM)
- Certified Group Fitness Instructor, Aerobics and Fitness Association of America (AFAA)
- B.S. Health and Exercise Science, Colorado State University
- TRX Certified Trainer, TRX Suspension Training

As an exercise science specialist, Sam coaches individuals to achieve their fitness goals through safe and practical fitness training; exercise is the catalyst to a more enjoyable and fulfilling life.



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Kristen Starra

Personal Trainer



- Certified Personal Trainer and Corrective Exercise Specialist, National Academy of Sports Medicine (NASM)
 - Group Fitness Instructor, HIIT, Indoor Cycling, Weight Training, Sports Performance Training
 - Kettlebell Instructor (RKC)
- Kristen is passionate about health and functional fitness and has been teaching fun and challenging group fitness classes, as well as working one on one with athletes and non-athletes for over 8 years. She specializes in corrective exercise and sports performance training.
 - Through a compassionate, collaborative, and motivational approach, she is able to meet people where they are currently and design classes and individual training sessions that puts the “fun” back in to “functional”
 - She believes that the gym is a training ground to help one meet the challenges, adventures, and daily tasks that life presents. Begin able to do what you love and love what you do for a lifetime is the joy of movement and bringing life to one’s years.



Belen Carmichael Personal Trainer Wellness Coach



- Certified Personal Trainer, American Council on Exercise (ACE)
 - Certified Personal Trainer, CHEK Institute
 - Nutritional and Lifestyle Coach (NLC)
 - Wellness Coach, Lifestyle Management Associates and Coach Training Alliance
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- With 20 years experience in exercise, lifestyle, fitness, health and wellness, Belen coaches individuals through a process to cultivate a healthy lifestyle and a sustainable work-life balance.
 - Together she works with clients to identify obstacles and priorities, explore options, and discover a forward-focus direction.
 - Specialties include; stress management, eating plans, exercise, meditation, time management and life issues that impact whole-person wellness.



Lisa Shanken

Nutrition Counselor

Personal Trainer

Health Coach



- Certified Personal Trainer, American Fitness Institute (AFI)
 - Health & Nutrition Coach, AADP.
 - Corporate Wellness Consultant, Vital Advantage Corporate Wellness Consulting
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- Lisa has been involved in health, wellness, and nutrition since 2001, and has experience in one-on-one nutrition counseling, cooking instruction, fitness training, and supermarket tours. She has even published several books in her career.
 - Lisa believes in customizing health and wellness strategies to fit with each individual's lifestyle. She created the Tri-Wellness philosophy of teaching nutrition, fitness, and healthy cooking to ensure lifelong health and balance.
 - After receiving a B.S. from Cornell University, Lisa trained at the Institute for Integrative Nutrition, Natural Gourmet School, and Pratt Institute in New York City. Now, her kitchen in Boulder is always stocked, as she loves to cook and share her passion for healthy eating with her friends, husband, and two (fussy eater!) children.



Michael Baird Personal Trainer



- Certified Personal Trainer, National Strength and Conditioning Association (NSCA)
 - Certified Strength and Conditioning Specialist (CSCS), National Strength and Conditioning Association (NSCA)
 - SilverSneakers Certified Instructor
 - UCLA Graduate Fitness Instructor
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- Michael specializes in weight training for increasing strength, power, muscle growth, and muscle endurance; programs to add muscle and lose fat; sports specific training, Kettle bell training, core strengthening and functional training.
 - As a former collegiate swimmer and current master's swimmer, Michael has a diverse sports background including track and cross country.
 - "I want to form strong partnerships with my clients to Motivate and Educate them to help reach their health, fitness, and performance goals."



Chris Hedman Personal Trainer



- Certified Personal trainer, American College of Sports Medicine (ACSM)
 - Certified SilverSneakers® Instructor
- Chris helps people improve their overall wellness through exercise and healthy lifestyle choices. He has a particular interest in working with senior adults to help them achieve personal fitness goals and to assist in improving their functional living capabilities.



Terry McArthur

Certified Personal Trainer (CPT) & Registered Dietitian Nutritionist (RDN)



- M.S. in Food Science and Nutrition, B.S. in Electrical Engineering
- Certified Personal Trainer, American Council on Exercise
- Registered Dietitian Nutritionist (RDN). Dietetic Practice Groups: Weight Management (WM), Sports Wellness and Cardiovascular Wellness Nutrition (SCAN), and Diabetes Care and Education
- Lifestyle Coach, National Diabetes Prevention Program

As a Registered Dietitian Nutritionist, Terry provides evidenced based nutrition education with a compassionate coaching approach. By identifying existing barriers to behavior changes and creating personalized actions plans, Terry guides individuals to make healthful nutrition choices that are sustainable.

Also a Certified Personal Trainer, Terry believes in supporting people of all ages explore enjoyable ways to stay strong and active throughout the seasons and the life cycles.

Terry's workouts focus on maintaining and increasing muscle mass, bone density, flexibility, balance and cardio endurance. She will help you develop a fun and effective workout plan for the gym, the home, the office, or a vacation!



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Erin Williams

Nutritionist

- MSN CN LMP, founder of EZBalance Holistic Nutrition and Wellness.
- Professional Member of the National Association of Nutrition Professionals, the Gluten Free Society, and the American Holistic Medical Association.
- M.S. Nutritional Counseling, Bastyr
- B.S. Physical Chemistry, Purdue.
- Certified Herbalist, Massage Therapist, and Yoga Instructor.



As an established author, guest-lecturer, consultant, and instructor, Erin has enjoyed sharing her love of natural-health and wellness with people all over the world. She combines compassion, a love of fitness, and her diverse areas of knowledge and expertise to help her students and clients grow into a more nutritionally-balanced, vitally-vigorous, and physiologically-unified whole.

From Erin...

Let me help you assess the underlying causes of your concerns or disease. We'll work together using nutrition, diet, and exercise to bring you back into balance.



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Siga Andrew Physical Therapist



- BS in Physical Therapy, Cleveland State University
 - MA in Exercise Physiology, Kent State University
 - State Board Physical Therapy Certification since 1988
 - CPR/First Aid
 - Level 1 Nordic Ski Instructor through Professional Ski Instructors Association (PSIA)
- Siga brings 20 plus years of exercise experience to the Boulder fitness team. Her work experience includes orthopedics, body mechanics, home health care, and group training (running, swimming, skate and classic Nordic skiing). She enjoys the outdoors in all seasons and has experienced races from 5k runs to Half Ironmans, bike riding, biathlons, climbing and paddle boarding.
- “My goal is to get you moving in the right direction!”
- ❖ *Advanced personal training appointments by coordinator approval only due to limited appointment availability – call 303-413-7280 to inquire about availability.*



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Martha Henze Dietitian



- B.A. Biology, Augustana College, South Dakota
 - M.S. Nutrition, Oregon State University
 - Registered Dietitian, Tri-County Health Department, Denver
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- ❑ Martha's approach uses practical and applicable nutrition tips, based on science that can make a big difference in her clients' lives. She teaches weight management classes, one-on-one nutrition counseling and private and group tennis lessons.
 - ❑ "I enjoy helping people -- children through adults -- obtain their optimum quality of life through good nutrition."

