

Strength, Conditioning & Performance Programs (SCP) at Foothills Park & Recreation District

Ann Schul, Fitness Specialist Strength, Conditioning & Performance (SCP) Programs and Personal Training Programs

Information: 303-409-2207 or anns@fhprd.org



Certifications

- Certified Strength & Conditioning Specialist, NSCA
- Certified Exercise Physiologist, ACSM

Education

- Bachelor of Science in Exercise Science

Specialties

- Strength & Conditioning
- TRX

Hobbies

- Cycling
- Working out
- Time with friends & family
- Recreational Sports (soccer, softball, volleyball and more!)

My Motto

"Work hard, play harder! You're never too old to play."

A Bit About Me

I've always enjoyed being active, participating in recreational sports and working out . . . so my passion for fitness and helping people made fitness training the perfect fit. I have been personal training for over 20 years and enjoyed the last 10+ years with Foothills overseeing group fitness and senior adult programs. My primary role now is to match our talented training staff with individuals and teams of all ages – from beginners to elite athletes looking to optimize their performance. Let me know how I can best help you achieve your goals!

Strength, Conditioning & Performance Trainers at Foothills Park & Recreation District *(listed alphabetically)*



Javier Chagolla

Certifications

- Certified Strength & Conditioning Specialist, NSCA
- CrossFit Level 1 Group Coach

Education

- Bachelor of Exercise Science

Contact

- 626-679-4804
- jchagolla@fhprd.org

Specialties

- Resistance Training
- Functional Fitness
- Endurance Training

Hobbies

- Running
- Cycling
- Swimming
- Meditation
- Reading

My Motto

"Fitness is about community, play and growth."

A Bit About Me

I am a student and teacher of exercise, nutrition and performance. At a young age, I decided that I would learn as much as I can about the body so that I can learn how to heal it without pharmaceuticals. During that process, I fell in love with the intricacies and complexities of the body and have since continued my education well after college. I am currently training on my own body for an Ironman, so if you'd like to chat on a run, bike ride or swim, feel free to reach out!



Josh Morrison

Certifications

- Performance Enhancement Specialist, NASM

Education

- Bachelor of Science in Health and Fitness Management

Contact

- 817-600-5277
- jmorrison@fhprd.org

Specialties

- Hockey Specific Training
- Functional Fitness

Hobbies

- Hockey
- Snowboarding
- Camping
- Hiking with my dogs

My Motto

"Find a way or make one."

A Bit About Me

I am a hockey player from Keller, Texas. I've relocated to this area not only for the colder weather but also to further my education and begin my career in fitness. My passion for fitness is fueled by sports and seeing the benefits and improvements that exercise has on one's mental health as well as their everyday life.



Brenden Temple

Certifications

- Certified Strength & Conditioning Specialist, NSCA
- FiTour Advanced Personal Trainer

Education

- B.S. in Exercise Science

Contact

- 720-882-1388
- btemple@fhprd.org

Specialties

- Strength & Conditioning
- Resistance Training
- Athletic Performance
- Group Fitness

Hobbies

- Any Sport
- Music
- Finding Delicious Food

My Motto

"SWOLE is the goal."

A Bit About Me

Being a collegiate lacrosse player along with having back-to-back major surgeries, I began obsessing over finding the best ways to train which is what got me into the field. As my journey has continued, I've created countless memories with friends, athletes and peers.



Elizabeth Vlad

Certifications

- Certified Strength & Conditioning Specialist, NSCA
- Health & Fitness Instructor, ACSM
- Maddog Certified Spinning Instructor
- TPI Level-3 Fitness Professional

Education

- Kinesiology & Sports Medicine, BS

Contact

- 330-518-6548
- evlad@fhprd.org

Specialties

- Golf Specific Strength & Conditioning
- Adult & Youth Sport Programs
- Senior Strength & Cardio programs
- Indoor Cycling Programs
- Olympic Weight Training

Hobbies

- Hiking
- Cycling
- Swimming
- Skiing

My Motto

"Obstacles are those frightening things that become visible when we take our eyes off our goals." Henry Ford

A Bit About Me

My husband and I have recently relocated to this area from Ohio. I really enjoyed a long career at Youngstown State University (YSU) where I was Strength & Conditioning Coach for Golf, Soccer, Swimming, Track and Tennis. I also taught classes at YSU in the Kinesiology and Sports Medicine Department. I look forward to continuing my career at Foothills Park & Recreation District as a Personal Trainer.