



Personal Training Program

Ann Schul
Personal Training & Sport Performance Specialist
 Information & Scheduling: 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!)

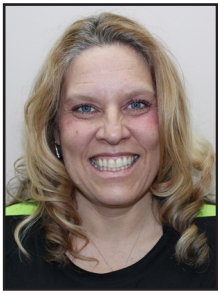
My Motto

"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!

Personal Trainers (listed alphabetically)



Laura Adams

Certifications

- Certified Personal Trainer, ACE
- Certified Group Fitness Instructor, ACE
- Certified N'Balance Instructor, COAW
- SilverSneakers® Certified Instructor (Classic, Cardio Fit)
- Pilates Mat 1 & 11 Certified
- Certified Reformer Instructor, Polestar

Education

- Bachelor of Science in Kinesiology

Specialties

- Pilates- Reformer/Trap/ Chair
- Mat Pilates
- Chronic Conditions
- Balance Training
- Post Physical Therapy

Hobbies

- Hiking
- Biking
- Traveling

My Motto

"Enjoy every moment!"

A Bit About Me

I have been working in the Fitness/Wellness field for almost 30 years and teaching Pilates for 15+ years. I just can't seem to get enough. I want to pass on the importance of an active lifestyle to my kids, family and friends. It is a great feeling helping others discover how staying active can improve our lives.



Jessica Bahling

Certifications

- Certified Personal Trainer, ACE
- Registered Dietitian Nutritionist (RDN)

Education

- Bachelor of Science in Dietetics

Specialties

- Strength Training
- Sports Performance
- Small Group Training
- Nutrition

Hobbies

- Olympic Weight Training
- Rock Climbing
- Hiking/Camping

My Motto

"The best fitness routine is whatever feels healthy, sustainable and enjoyable for YOU."

A Bit About Me

I became interested in fitness later – spending most of my years being terrified of lifting weight and stepping into a gym. I discovered a love of heavy lifting and Olympic Weightlifting, which helped shift my focus to more sustainable strength and performance goals. I love helping my clients find a training style that feels good for them while building confidence in the weight room.



Michelle Baum

Certifications

- Certified Personal Trainer, ACE
- Certified Pre/Post Natal Exercise, NM Sports & Wellness
- Certified Water Personal Trainer, NM Sports & Wellness
- XT Training, NM Sports & Wellness
- Fitness Nutrition Specialist, ACE
- Senior Fitness Specialist

Education

- Bachelor in Nutrition

Specialties

- Pre/Post Natal Exercise
- Water Resisted Training
- All Sports Coaching
- Triathlon Training
- Chronic Conditions

Hobbies

- Working out
- Hanging out with my kids and friends
- Traveling
- Watching & playing sports

A Bit About Me

I have been personal training for over 20 years and I hold a B.S. in Nutrition from the University of New Mexico (Go Lobos!). My background also includes having been a collegiate and international swimmer. I enjoy competing in triathlons and half-marathons and love coaching others on all levels.



Michelle Matuszynski

Certifications

- Certified Group Fitness Instructor, ACSM
- Certified Personal Trainer, FiTOUR
- SilverSneakers® Certified Instructor (Classic)

Education

- Bachelor's in Behavioral Science

Specialties

- Senior fitness
- Circuit training
- Core training
- High Intensity Interval Training (HIIT)
- Strength training

Hobbies

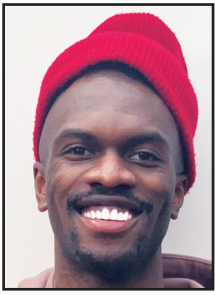
- Hiking
- Running
- Paddle boarding
- Jump rope

My Motto

"Every new day is an opportunity to become stronger, healthier and wiser."

A Bit About Me

I have always enjoyed all types of fitness. I have been in education for the past 20 years and enjoy learning and educating all individuals. As a family, my husband, I and our 3 girls have competed at the National and World levels in competitive jump rope. I am excited to be part of the Foothills team to promote health and fitness!



Afriye Phillips

Certifications

- Certified Human Movement Specialist
- USA Basketball License

Education

- Brookbush Institute – HMS
- Metro State University - Strength & Conditioning Intern
- Oral Roberts University, Business

Specialties

- Prehab/Rehab
- Isometric training
- Functional Strength Training
- Basketball Sport Performance Training

Hobbies

- Basketball
- Watching Movies

My Motto

*"The job is not finished until you have won."
(Mamba Mentality; Kobe)*

A Bit About Me

I am a former pro basketball player turned basketball coach and strength coach. I absolutely love the game of basketball and I love the athletes that I coach. They are incredible. If I am not at the gym then, I am probably at home studying film, practicing, or watching a movie with friends.



Kimberly Spallone

Certifications

- Certified Personal Trainer, ISSA
- Fitness Nutrition Specialist, ISSA
- Exercise Therapy Specialist, ISSA
- Corrective Exercise, ISSA

Education

- Bachelor's Degree Hospitality

Specialties

- Nutrition
- Strength Training & Conditioning

Hobbies

- Weight Lifting
- Swimming
- Cooking
- Hiking

A Bit About Me

My interest in fitness and health began at home as a kid – my parents were always interested in eating healthy fresh foods and exercising daily. My interest grew when I began working for gyms throughout college. I decided at that point to include health and fitness in my career. After college, I began working in a local health food store in the supplement department. I found that I really enjoyed it! After 8 years working in supplements, I decided to also follow my other passion and started a new career as a Personal Trainer. Now I can share my enthusiasm about fitness, supplements and healthy eating.



Brenden Temple

Certifications

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

Education

- B.S. in Exercise Science

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

Specialties

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

Hobbies

- Hiking
- Cycling
- Swimming
- Skiing
- Triathlete

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.



Geri Young

Certifications

- Certified Personal Trainer, NASM
- Pilates Mat Certified, Donna McLean Studio
- Certified Reformer Instructor, Polestar
- Certified N'Balance Instructor, COAW
- Cancer Fitness Institute Certified
- RIP Training Certified
- Parkinson Wellness Recovery Instructor, PWR
- Senior Fitness Specialist

Education

- Masters in Exercise Physiology

Specialties

- Senior Fitness
- Pilates Training
- Core Training
- Balance Training

Hobbies

- Hiking
- Running
- Biking
- Snowshoeing
- My Animals

My Motto

"The best way to insure having exercise in your life is to make it fun and enjoyable for yourself."

A Bit About Me

Since I have been teaching Pilates, it has helped me be a better trainer. I can incorporate weight training with core training to see better results, make the workouts more efficient and decrease injury.