



# Sport Performance Program

**Ann Schul**  
**Personal Training & Sport Performance Specialist**  
Information & Scheduling: 303-409-2207 or [anns@fhprd.org](mailto: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!)

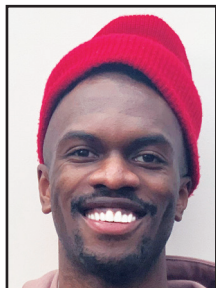
**My Motto**

*"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!

## Sport Performance Trainers *(listed alphabetically)*



**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.



**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.