



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!)

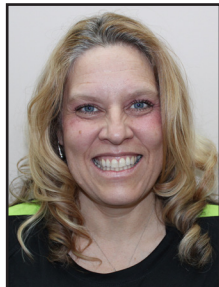
My Motto

"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.



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
- Defer the Disease

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

My Motto

"My goal is to help you reach yours."

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.



Kindra Largent

Certifications

- Certified Personal Trainer, NASM

Education

- Ongoing EDU: Nutrition, Performance Enhancement, Corrective Exercise, Group Fitness, Behavior change

Specialties

- Resistance Training
- High Intensity Interval Training (HIIT)
- Bootcamp Style
- Bands

Hobbies

- Traveling
- Being active with Son
- Fitness

My Motto

"Fitness is one of the only areas of your life where you get back 100% of what you put in, don't give that up."

A Bit About Me

Two years ago, I decided to quit my career in sales and go after my true passion – FITNESS! I started my journey six years ago where most do, overweight, no energy, and tired of being tired. I got my first Personal Trainer who changed my entire life. Since then, I have dedicated my time and energy to being the best mom I can be, and growing wiser and stronger in all aspects of leading a healthy lifestyle! If I knew what fitness would bring to my life, I would have started so much sooner! Life as I know it has progressed in ALL areas since I took the leap! Join me!



Joel Lane

Certifications

- Certified Personal Trainer, ACE
- Certified Group Behavior Change Specialist, ACE

Education

- Bachelor of Science in Exercise Science, Murray State University

Specialties

- Resistance Training
- Functional Fitness
- Active Aging
- Program Planning

Hobbies

- Hiking
- Brazilian Jiu-Jitsu
- Swimming
- Camping
- Cooking
- Hanging out with my Dog, Daisy

My Motto

"Failure to plan is planning to fail." Ben Franklin

A Bit About Me

I love showing people how to get the most out of each workout. My specialty is handing out comprehensive measurable change with every program. I have spent 18 years in this field learning everything I can to help any person who needs it – whether it's answering simple questions or designing a year long program. Whatever it is, I can help!!!



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.



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.