Personal Training Program
Information & Scheduling: 303-409-2263 or anns@fhprd.org

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 make 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 we can best help you achieve your goals!

My Motto
"Work hard, play harder! You’re never too old to play."

Certifications
• Certified Personal Trainer, ACE
• Certified Group Fitness Instructor, ACE
• Certified Nutrition Specialist, ISSA
• Exercise Therapy Specialist, ISSA
• Corrective Exercise, ISSA

Education
• Bachelor’s Degree Hospitality Management

Specialties
• Nutrition
• Strength Training & Conditioning

Hobbies
• Weight Lifting
• Swimming
• Cooking
• Hiking

Kimberly Spallone
Fitness Specialist

A Bit About Me
I've always loved sports and fitness growing up but never knew that it would be the field I would choose to work in professionally. Originally, I wanted to work in Physical Therapy but then my focus shifted towards helping generations before me continue to live their best life through fitness.

My Motto
"Let’s improve together."

Certifications
• Certified Personal Trainer, ACE
• Certified Pre/Post Natal Exercise, NM Sports & Wellness
• Certified Water Personal Trainer, NM Sports & Wellness
• Certified Trainer, NM Sports & Wellness
• Certified Personal Trainer, ACE

Education
• Bachelor of Science in Exercise Science

Specialties
• Pre/Post Natal Exercise
• Water Resisted Training
• All Sports Coaching
• Triathlon Training
• Chronic Conditions
• Weight Loss

Hobbies
• Working out
• Triathlons
• Open Water Swimming
• Running
• Hanging out with my kids and friends
• Traveling
• Watching & playing sports!

Laura Adams
Fitness Specialist

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.

My Motto
"Enjoy every moment!"

Certifications
• Certified Personal Trainer, ACE
• Certified Group Fitness Instructor, ACE
• Certified N’Balance Instructor, COAW
• Certified Refomer/Trap/Chair

Education
• Bachelor of Science in Kinesiology

Specialties
• Pilates-Reformer/Trap/Chair
• Mat Pilates
• Chronic Conditions
• Balance Training
• Past Physical Therapy

Hobbies
• Hiking
• Traveling

Michelle Baum
Fitness Specialist

A Bit About Me
I have been in the fitness industry for over 20 years and 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 have been around athletics my whole life, including following my husband around Europe while he played professional basketball. My love for exercise began at a young age and continued to grow watching my paralyzed grandfather workout 3 hours a day consistently. Seeing the affects that exercise and nutrition had on contributing to a long and healthy life was inspiring, and becoming a trainer only seemed natural. In my spare time, I love competing in triathlons, swimming & running events.

My Motto
"My goal is to help you reach yours."

Certifications
• Certified Personal Trainer, ACE
• Certified Group Fitness Instructor, ACE
• Certified Personal Trainer, ACE
• Certified Pre/Post Natal Exercise, NM Sports & Wellness
• Certified Water Personal Trainer, NM Sports & Wellness
• Certified Trainer, NM Sports & Wellness
• Certified Personal Trainer, ACE

Education
• Bachelor in Nutrition

Specialties
• Pre/Post Natal Exercise
• Water Resisted Training
• All Sports Coaching
• Triathlon Training
• Chronic Conditions
• Weight Loss

Hobbies
• Working out
• Triathlons
• Open Water Swimming
• Running
• Hanging out with my kids and friends
• Traveling
• Watching & playing sports!

David Mosher
Fitness Specialist

A Bit About Me
I have always been a lover of sports and fitness growing up, but I never knew that it would be the field I would choose to work in professionally. Originally, I wanted to work in Physical Therapy but then my focus shifted towards helping generations before me continue to live their best life through fitness.

My Motto
"Let’s improve together."

Certifications
• Certified Personal Trainer, ACE
• Certified Group Fitness Instructor, ACE
• Certified Personal Trainer, ACE

Education
• Bachelor of Science in Exercise Science

Specialties
• Pilates-Reformer/Trap/Chair
• Mat Pilates
• Chronic Conditions
• Balance Training
• Past Physical Therapy

Hobbies
• Hiking
• Traveling

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• Certified Refomer/Trap/Chair

Education
• Bachelor of Science in Kinesiology

Specialties
• Pilates-Reformer/Trap/Chair
• Mat Pilates
• Chronic Conditions
• Balance Training
• Past Physical Therapy

Hobbies
• Hiking
• Traveling

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My Motto
"Enjoy every moment!"

Certifications
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• Certified Group Fitness Instructor, ACE
• Certified N’Balance Instructor, COAW
• Certified Refomer/Trap/Chair

Education
• Bachelor of Science in Kinesiology

Specialties
• Pilates-Reformer/Trap/Chair
• Mat Pilates
• Chronic Conditions
• Balance Training
• Past Physical Therapy

Hobbies
• Hiking
• Traveling

Michelle Baum
Fitness Specialist

A Bit About Me
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My Motto
"Enjoy every moment!"

Certifications
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• Certified Group Fitness Instructor, ACE
• Certified N’Balance Instructor, COAW
• Certified Refomer/Trap/Chair

Education
• Bachelor of Science in Kinesiology

Specialties
• Pilates-Reformer/Trap/Chair
• Mat Pilates
• Chronic Conditions
• Balance Training
• Past Physical Therapy

Hobbies
• Hiking
• Traveling

Michelle Baum
Fitness Specialist

A Bit About Me
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My Motto
"Enjoy every moment!"
Certifications
- Certified Personal Trainer, ACE
- SilverSneakers® Certified Instructor (Classic, Boom)

Education
- Bachelor’s Degree Fine Arts

Specialties
- Strength & Conditioning
- Functional Training
- Core Training
- Weight Loss

Hobbies
- Running
- Snowboarding
- Skiing
- Hiking
- Spending time with friends & family
- Watching sporting events

My Motto
"Nothing is out of reach. With hard work, we can achieve anything!"

A Bit About Me
I have been active my entire life and participated in many different sports as a child. As an adult, I have realized the importance of staying fit and continue to find fun ways of staying active. I have always had a passion for health and fitness and I love to share this with others. Whether you are just starting your fitness journey, or you are looking to improve your current routine, I can help you grow. I believe that everyone is capable of finding their personal best with hard work and perseverance. Let me help you reach your personal best!

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.

Christine Wright

Certifications
- Certified Personal Trainer, ACE

Education
- Bachelor of Arts in Business/Accounting

Specialties
- Resistance Training
- Functional Fitness
- Race Training

Hobbies
- Hiking
- Cycling
- Swimming
- Baking Desserts
- Triathlons

My Motto
"I can make any workout fun!"

A Bit About Me
Helping people find their best version of themselves through exercise is what makes this job so rewarding. I have been a Personal Trainer for over 15 years and it is truly the best job I have ever had. Originally from Chicago, I moved to Colorado in September 2021 and love everything about living here. I compete in marathons, Half-Iron man competitions, biking events and love to hike.

Wendy Taylor

Certifications
- Certified Personal Trainer, ACE

Education
- Bachelor of Arts in Business/Accounting

Specialties
- Resistance Training
- Functional Fitness
- Race Training

Hobbies
- Hiking
- Cycling
- Swimming
- Baking Desserts
- Triathlons

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

A Bit About Me
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