



# Sport Performance Program

Information & Scheduling: 303-409-2263 or [anns@fhprd.org](mailto:anns@fhprd.org)



**Ann Schul**  
Fitness Specialist

**Certifications**

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

**Education**

- Bachelor of Science in Exercise Science

**Specialties**

- Strength & Conditioning
- TRX
- Senior Adult Fitness

**Hobbies**

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

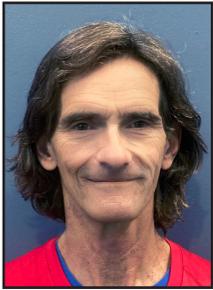
**My Motto**

*"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 we can best help you achieve your goals!

## Sport Performance Trainers



**Paul Godinez**

**Certifications**

- Sports Performance, NASM(P)
- Certified Personal Trainer, NASM(P)
- Medical Exercise Specialist, AAFP
- Club Coach, USA Weightlifting
- Track & Field L1, USAT&F
- Bronze Coach, USA Wrestling
- Swim Coach, USA Swimming
- Fitness Nutrition Specialist, NASM
- Senior Fitness Specialist, NASM

**Education**

- Grossmont College
- UCLA Exercise Science, Certificated

**Specialties**

- Sports Performance
- Post-Rehab /Return to Sport
- Resistance/Olympic Lift /Specific Strength
- Lifestyle Conditioning & Strength

**Hobbies**

- SUP Racing
- Cycling
- Swimming
- Trail Running
- Camping
- Playing with Family

**My Motto**

*"Fitness is about building on capabilities."*

**A Bit About Me**

I have been coaching sport performance since the age of 15. My role models have been coaches who have provided direction and perspective on immediate and long term results, and most importantly – healthy athletes and active individuals. As a baseball player, I played as a professional development athlete, then followed up as a nationally ranked and sponsored triathlete. I served as a coach and consultant to many athletes I competed with. I held certifications, and leadership positions for a number of training organizations. I have provided continuing education seminars for trainers, coaches & teachers involved in many of those organizations. My training perspective has been shaped through my relationships and collaborations that range from elite athletes and Olympic, Division 1 universities, to age group and physically challenged.



**David Mosher**

**Certifications**

- Certified Exercise Physiologist, ACSM

**Education**

- Bachelor of Science in Exercise Science

**Specialties**

- Resistance Training
- Functional Fitness

**Hobbies**

- Hiking
- Basketball
- Motorcycles
- Snowboarding
- Camping

**My Motto**

*"Let's improve together."*

**A Bit About Me**

I've always had a love for 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.



**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.



**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 & Conditioning
- 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

**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 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.