

Personal Training Request

The Paul Derda Recreation Center's personal training program provides you with a certified and/or degreed Personal Trainer who will help you develop an effective program for you. Your personal trainer will educate and motivate you to achieve your maximum results.

Name _____

Phone _____

Sessions:

1-hour 3-hour 5-hour 10-hour

Time of Day:

5-7AM 8-11AM 12-3PM 4-9PM

TRAINER: _____

GOALS: _____



PAUL DERDA RECREAION CENTER

Paul Derda Recreation Center
13201 Lowell Blvd.
Broomfield, CO 80020

Phone: 303-460-6928
Fax: 303-460-6940
Email: vmueller@ci.broomfield.co.us

PAUL DERDA RECREAION CENTER

Personal Training



Tel: 303-460-6913

Achieve your GOALS and maximize your RESULTS with a Certified and/or degreed Personal Trainer at the Paul Derda Recreation Center.



Personal Training Cost

PRIVATE SESSIONS

3 Private Sessions (annual pass holder rate)	\$141.00 \$108.00
5 Private Sessions (annual pass holder rate)	\$230.00 \$175.00
10 Private Sessions (annual pass holder rate)	\$450.00 \$340.00

SEMI-PRIVATE SESSIONS

3 Semi-Private (annual pass holder rate)	\$99.00 \$75.00
5 Semi-Private (annual pass holder rate)	\$162.50 \$122.50
10 Semi-Private (annual pass holder rate)	\$320.00 \$240.00

All prices are per person.

Trainer Bio's

Patty Beecroft

ACE Certified Personal Trainer
Pilates Matwork & Reformer Certified, PMA Certified
"I've been in the fitness industry since 1995. I love helping people work their bodies & see them stay healthy, strong & happy. I enjoy tailoring fitness programs to meet specific needs. I am a graduate of the Pilates Center. I believe a flexible muscle is a strong muscle. "

Lisa Walther

ACE Certified Personal Trainer
SPIN Instructor
"My motto is "LiveFit". Fitness should be a way of life for a healthy mind & body. I specialize in weight lose, sport-specific training, endurance, triathlon training & cancer recovery.

Ria Schaeffer

ACE Certified Group Fitness Instructor
AAAA ISMA Certified Personal Trainer
BODYPUMP Certified Instructor
Life is full of choices - some fun, some hard - but if you enjoy what you're doing, (maybe initially because of the benefit to your physical well-being), what you do will be a joy to you (longer life, more independence, more choices)."

Cindy Stephens

APEX Certified Personal Trainer
AFAA Certified Group Fitness Instructor
"I want to share my knowledge and experience to help clients achieve their fitness goals and to live a healthy lifestyle."

Jay Willey

BS Social Science, MED Adaptive Physical Education
40+ years in sport specific training for rec. and competition.
Injury Rehab, Life style fitness, Weight Management
"To provide the safest and most efficient program to meet the goals of the individual, while taking into account a client's history, time constraints, and time availability."

Jaala Knowlton

ACE Certified Personal Trainer & Group Fitness Instructor
AFAA Sports Nutrition Consultant
BS in Kinesiology & Psychology
Masters & Doctorate in Natural Medicine
"As a former professional triathlete, an active mom of 6 children, & a professional in the health & wellness field for over 16 years, I have learned that it's important to take something positive from every moment we experience. I can serve as an inspiration to those who are striving to be the best they can be for themselves and their families.

Dawn Keating

BS Dietetics—University of Baylor
ACE Personal Trainer
AFAA Group Fitness Instructor
Maddog Spinning Instructor
"My goal is to empower individuals with the knowledge & skills that they need to take charge of their health."
THINK Differently. MOVE More. EAT Well."