

Meet the Personal Trainers of Golden



Gina Blea

Gina is an experienced AFAA Certified Personal Trainer of 15 years. She specializes in weight training and senior fitness

programs. She will promote a well rounded workout program which includes cardio, strength, balance, stretching and core exercises and feels fitness should be fun. Gina believes the most important thing in life is to balance work, family, fun and fitness. Her hobbies include skiing, golf and hiking.



Tyler Kingsbury

Tyler is an AFAA Certified Fitness Instructor. Her background in dance, pilates, yoga, conditioning/strength, core training, flexibility and balance allows for a well rounded fitness map

to meet your goals. She focuses on the person as a whole to promote health physically and mentally. She is a Certified Nursing Assistant who works with patients with pain limitations such as surgical injuries, age related ailments and arthritis. She will create a program that works for you, challenge you, build up strength, balance & flexibility and reduce pain.



Iain Young

Iain is a National Academy of Sports Medicine Certified Personal Trainer with more than 20 years of experience in the fitness industry. He specializes in injury rehabilitation, weight loss/maintenance, strength-building, cardiovascular training,

and flexibility. His goal is to help clients improve their body's function and their ability to engage in the activities they love. Clients can rely on Iain to provide variety in workouts as he constantly strives to create new and invigorating programs to challenge clients' body and mind. As a life-long endurance athlete himself, Iain has a passion for learning new knowledge about fitness and recreation and sharing this information with clients. In his spare time, Iain loves to skateboard, road and track race/run and generally try to keep up with his seven year old daughter.



Julie Messa

Julie graduated with a Master's degree in exercise physiology/rehabilitation from the United States Sports Academy in Mobile, Alabama. She also is certified thru AFAA and ACSM in fitness and testing and is a certified

Yoga Instructor. Julie loves working with all populations. She can help you tone up, train for an event or just keep you healthy.

If you are interested in personal training please fill out a Personal Trainer Request Packet Online

<http://www.cityofgolden.net/city-services/personal-training/>

Laura Bruck-Renzelman

Laura holds a NASM Certified Personal Trainer certification and a USA-Triathlon Level I Coach certification. She is passionate about the physical, social, and emotional benefits of being physically fit, and helping others incorporate it in a meaningful way into their daily lives. Laura brings a wealth of knowledge gained through experience and education, and she cares deeply about helping others achieve their fitness goals. Fitness has been part of her life from an early age, from swim team and running as a kid, to cross country and track in high school and college, and triathlons as an adult. As a triathlete, she has been named USA-Triathlon All-American and Ironman Gold All World Athlete (top 1%), won overall female titles in triathlons, and competed in iconic races such as the Boston Marathon, Ironman World Championship in Hawaii, and the Ironman 70.3 World Championship. In addition to personal training, Laura is also a triathlon coach, art historian, and mom to two boys and three dogs.

Audrey Merket

Audrey is an AFAA certified personal trainer and group exercise instructor. She has a minor in Physical Education/Coaching and has been a licensed PE teacher in two states. For several years, she has volunteered as a physical fitness merit badge counselor to local Boy Scout troops. She is a lifelong runner and two time Boston Marathon qualifier. That being said, she's incredibly down to earth - she even eats carbs. Audrey stayed active before, during, and after two pregnancies. She has experience staying fit during injury recovery and coming back strong afterward. In her spare time, she likes to trail run, bake, and hike with her husband and two kids.

One on One

One-Hour Session

\$44 Resident , \$49 Non-resident

3 (One-Hour) Sessions

\$122 Resident, \$138 Non-resident

6 (One-Hour) Sessions

\$234 Resident, \$275 Non-resident

12 (One-Hour) Sessions

\$440 Resident, \$503 Non-resident

24 (One-Hour) Sessions

\$832 Resident, \$926 Non-resident

36 (One-Hour) Sessions

\$1,171 Resident, \$1,298 Non-resident

Train with a Friend prices are per person

One Hour Session

\$29 Resident , \$34 Non-resident – per person

3 (One Hour) Sessions

\$79 Resident, \$95 Non-resident – per person

6 (One Hour) Sessions

\$145 Resident, \$176 Non-resident – per person

12 (One Hour) Sessions

\$264 Resident, \$328 Non-resident – per person

24 (One Hour) Sessions

\$478 Resident, \$573 Non-resident – per person

36 (One Hour) Sessions

\$642 Resident, \$768 Non-resident – per person

Groups of 3-5 prices are per person

One-Hour Session

\$19 Resident, \$24 Non-resident– per person

3 (One-Hour) Sessions

\$48 Resident, \$53 Non-resident– per person

6 (One-Hour) Sessions

\$82 Resident, \$88 Non-resident– per person

12 (One-Hour) Sessions

\$151 Resident, \$156 Non-resident– per person



City of
Golden

PARKS AND RECREATION

1470 10th Street

Golden, CO 80401

Phone: 303-384-8100



Personal Training

at

The Golden

Community Center

