

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.



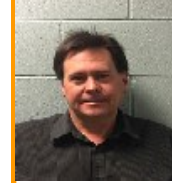
Julie Messa

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/>



Chris Murray

Chris was a top endurance athlete and trainer in the 90's in the Nation's Capital Area before going into the insurance company for the better part of two

decades, Now he is back with his own weight loss success story. In 2016 he completed his ACSM personal trainer certification and re-entered the training profession that he feels is his true calling. He enjoys working with all age groups and abilities, and brings his knowledge of how to fit fitness into everyday life. In his spare time he likes to train for endurance races all over the country, mostly triathlons, and basically anything that does not involve a sofa or a remote control.

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.

One on One

One-Hour Session

\$42 Resident , \$47 Non-resident

3 (One-Hour) Sessions

\$116 Resident, \$131 Non-resident

6 (One-Hour) Sessions

\$222 Resident, \$262 Non-resident

12 (One-Hour) Sessions

\$419 Resident, \$479 Non-resident

24 (One-Hour) Sessions

\$792 Resident, \$882 Non-resident

36 (One-Hour) Sessions

\$1116 Resident, \$1,236 Non-resident

Train with a Friend prices are per person

One Hour Session

\$27 Resident , \$32 Non-resident – per person

3 (One Hour) Sessions

\$75 Resident, \$90 Non-resident – per person

6 (One Hour) Sessions

\$138 Resident, \$168 Non-resident – per person

12 (One Hour) Sessions

\$252 Resident, \$312 Non-resident – per person

24 (One Hour) Sessions

\$456 Resident, \$546 Non-resident – per person

36 (One Hour) Sessions

\$612 Resident, \$732 Non-resident – per person

Groups of 3-5 prices are per person

One-Hour Session

\$17 Resident, \$22 Non-resident– per person

3 (One-Hour) Sessions

\$45 Resident, \$50 Non-resident– per person

6 (One-Hour) Sessions

\$78 Resident, \$83 Non-resident– per person

12 (One-Hour) Sessions

\$144 Resident, \$149 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

