

One on One (ages 12 & up)

One-Hour Session | \$49 Resident, \$55 Non-resident

3 (One-Hour) Sessions | \$135 Resident, \$152 Non-resident

6 (One-Hour) Sessions | \$245 Resident, \$290 Non-resident

12 (One-Hour) Sessions | \$485 Resident, \$555 Non-resident

24 (One-Hour) Sessions | \$915 Resident, \$1,015 Non-resident

36 (One-Hour) Sessions | \$1,285 Resident, \$1,425 Non-resident

Train with a Friend*

One-Hour Session | \$34 Resident, \$40 Non-resident

3 (One-Hour) Sessions | \$92 Resident, \$112 Non-resident

6 (One-Hour) Sessions | \$170 Resident, \$207 Non-resident

12 (One-Hour) Sessions | \$308 Resident, \$385 Non-resident

24 (One-Hour) Sessions | \$560 Resident, \$675 Non-resident

36 (One-Hour) Sessions | \$750 Resident, \$910 Non-resident

Groups of 3-5*

One-Hour Session | \$25 Resident, \$31 Non-resident

3 (One-Hour) Sessions | \$61 Resident, \$67 Non-resident

6 (One-Hour) Sessions | \$104 Resident, \$112 Non-resident

12 (One-Hour) Sessions | \$192 Resident, \$210 Non-resident

***prices are per person**



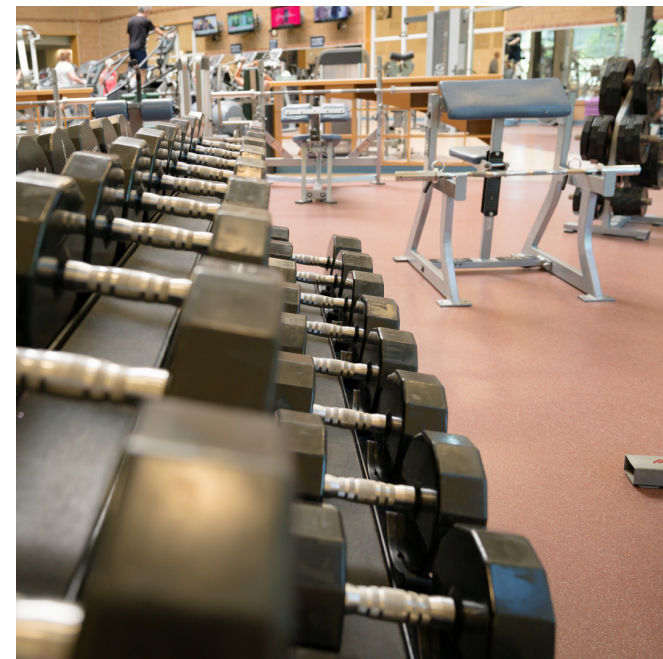
City of
Golden
PARKS AND RECREATION

1470 10th Street, Golden CO 80401
Phone: 303.384.8100



If you are interested in
personal training please fill
out a Personal Trainer
Request Packet online at:

rec.cityofgolden.net
Under Wellness & Fitness



Personal Training

at the Golden
Community Center

1470 10th Street, Golden CO 80401 | 303.384.8100

re•create

re•create: To impart fresh life to; refresh mentally or physically

Our Trainers



Daniel

Dan is a NASM Certified Personal Trainer, Corrective Exercise Specialist, Behavioral Change Specialist, and 200-hour yoga instructor. An Air Force veteran and graduate of the National Personal Training Institute, Dan enjoys skiing, trail running, backpacking, cycling, and rock climbing. Dan is a professional musician completing a doctorate in music specializing in injury prevention of performing artists at the University of Northern Colorado.



Adam

Adam is a Corrective Exercise and Performance Enhancement Specialist certified by NASM. He is also a Certified Personal Trainer through NASM, a certified Indoor Cycling Instructor, Group Fitness Instructor, Nutritional Advisor, and a Wellness Consultant and Behavior Change Specialist. Adam is skilled in Personal Training to help you gain strength, Corrective Exercise to help you improve posture, stability, balance, and injury prevention, and Performance Enhancement.



Christina

Christina is NASM-certified Personal Trainer and certified group fitness instructor with over 18 years of experience. She is here to help you gain confidence and reach your goals while improving your health and quality of life. Christina's specialties include body positive fitness, corrective exercise for pain management, strength training for functional movement designed for adaptive athletes and people w/ disabilities.



Monika

Monika is an ACE certified personal trainer and group exercise instructor. Living by the Great Lakes for years, she enjoys the water and is also a certified lifeguard and AIS paddle board instructor. Fitness has always been a passion, from playing sports in school, to hiking, biking, skiing, and running as an adult.



Dakota

Dakota is a certified personal trainer through the American Council on Exercise (ACE) and has apprenticed under and assisted coaching in the Starting Strength method. He got his start by coaching those in the military and in law enforcement, and now coaches those of various ages, backgrounds, and experience levels.



Julie

Julia is a certified personal trainer through NASM, and currently working on a nutrition certification through NASM as well. Julie Padia is a Colorado native, who loves the outdoors, lifting, running, roller skating, her dog Kona, and food. Are you ready to start chasing your goals? Julia would love to help you become the best version of you, and help you believe in you!



JoAnn

With 30+ year's fitness advocate of healthy lifestyle living JoAnn enjoys instilling personal belief in others and sharing in their personal achievements. She is certified through AAIA/ISMA and ACE and holds certifications in cycling, yoga, pilates, mat science, power flex, sculpting, body wave, kettle bell, cardio climb, intervals, dynamic core strength, groove & primary group fitness.



Laura

Laura holds a NASM Certified Personal Trainer and USA-Triathlon Level I Coach certifications. 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.



Fiona

Fiona has her Personal Trainer Certification through the American Council on Exercise (ACE). She is also a 500hr trained Yoga teacher, nutrition coach, and has a Masters's in Public Health. She subscribes to a supportive take on coaching and believes that fitness is for everyone (and can be enjoyable!). She focuses on strength training, functional fitness, and injury recovery and prevention.