

# Personal Training Request

The Paul Derda Recreation Center's personal training program provides you with a nationally recognized certified 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: \_\_\_\_\_

\_\_\_\_\_



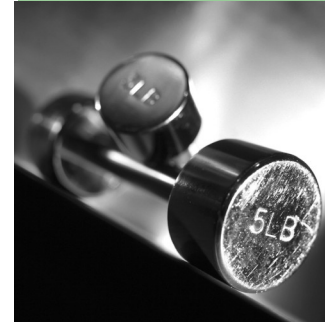
## PAUL DERDA RECREAION CENTER

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

**Phone: 303-460-6928**  
**Fax: 303-460-6940**  
**Email: [vmueller@broomfield.org](mailto:vmueller@broomfield.org)**

## PAUL DERDA RECREAION CENTER

# Personal Training



**PAUL DERDA RECREATION CENTER**  
**Tel: 303-460-6900**

**Achieve your GOALS and maximize your RESULTS with a Nationally recognized Certified Personal Trainer at the Paul Derda Recreation Center.**



## PRIVATE SESSIONS

1 Private Session (recreation pass holder rate)	<b>\$50.00</b> \$35.00
3 Private Sessions (recreation pass holder rate)	<b>\$141.00</b> \$108.00
5 Private Sessions (recreation pass holder rate)	<b>\$230.00</b> \$175.00
10 Private Sessions (recreation pass holder rate)	<b>\$450.00</b> \$340.00

## SEMI-PRIVATE SESSIONS

1 Semi-Private (recreation pass holder rate)	<b>\$35.00</b> \$24.50
3 Semi-Private (recreation pass holder rate)	<b>\$99.00</b> \$75.00
5 Semi-Private (recreation pass holder rate)	<b>\$162.50</b> \$122.50
10 Semi-Private (recreation pass holder rate)	<b>\$320.00</b> \$240.00

**All prices are per person.**

*Small group training rates are available for 3-10 people.*

## Trainer Bios

### Karen Hopley

ACE Certified Personal Trainer

"As a former grade school teacher, I combine my love for teaching with the importance of living a well-balanced, healthy, and fit life. I believe everyone has an inner-athlete and enjoy connecting with people to help them achieve their goals. As an avid runner, I believe fitness should be fun, challenging and full of variety"

### 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 & 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 serve as an inspiration to those who are striving to be the best they can be for themselves & their families."

### Katie Richards

ACE Certified Personal Trainer  
ACE Certified Group Fitness Instructor

"My personal experience with how fitness can positively impact ones lifestyle has inspired me to help others achieve their goals and lead healthy lives"

### Ria Schaeffer

ACE Certified Group Fitness Instructor  
AAAI ISMA Certified Personal Trainer

"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."

### Lisa Walther

ACSM Certified Personal Trainer

"My motto is "LiveFit". Fitness should be a way of life for a healthy mind & body. I specialize in weight loss, sport-specific training, endurance, triathlon training & cancer recovery."

### 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 effective program to meet the goals of the individual, while taking into account a client's history, time constraints, and time availability."