



City of Boulder
Parks & Recreation

Certified Personal Trainer

Chris Hedman



About Chris

Chris helps people improve their overall wellness through exercise and healthy lifestyle choices. He has a particular interest in working with senior adults to help them achieve personal fitness goals and to assist in improving their functional living capabilities.

Certifications

- Certified Personal Trainer, American College of Sports Medicine (ACSM)
- Certified SilverSneakers® Instructor

Services Provided:

- Personal Training

[Request a session online at BPRfitness.org](https://BPRfitness.org) or call 303-441-4435.

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3170 Broadway, 80304

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5660 Sioux Dr., 80303



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Certified Personal Trainer

Terry Tessier



About Terry

Terry has been working in the fitness industry for over 28 years teaching a multitude of different types of classes. She believes strength training is for anyone who wants to feel healthier, be more energetic, and build a stronger capable body. She works with clients to create a program that will increase strength as well as improve stability and promote greater mobility and flexibility. Terry specializes in working with older adults using a collaborative approach to support her client's fitness journey goals. She utilizes brain work in exercise and movement to support cognitive health. Terry supports her own brain health by continuing to explore new experiences and is currently learning to play the ukulele, is an avid tennis player, and pickleball enthusiast!

Certifications

- Certified Personal Trainer, American Council on Exercise (ACE)
- Certified Group Fitness Instructor, Athletic and Fitness Association of America (AFAA)
- SilverSneakers® Certified Instructor

Services Provided:

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Sterling Weston



About Sterling

Sterling believes in a holistic all-encompassing route to optimizing life quality. He uses versatility and a combination of many systems and modalities in his training practice. He ties in lots of breath and neurological queuing pain management, and movement fluidity into his training, as he believes the central nervous system responds with a feeling of safety and security. Sterling specializes re-patterning movement and helping those that are looking to feel more freedom of expression in their movement. Sterling works well with our active aging community and serving those who need motivation to stay active in life. He can get you to a level to be able to keep up with whatever it is that you enjoy with a newfound state of athleticism! In addition, Sterling has years of experience in hypertrophy training. He gets a kick out of breathwork and meditation, climbing trees, crawling around at the park, and getting groovy on the dance floor!

Certifications

- Bachelor of Science in Food & Nutrition Management, Illinois State University
- Fitness Trainer Certification, Moraine Valley Community College
- Certified Personal Trainer, American Council on Exercise (ACE)
- Certified Group Fitness Instructor, American Council on Exercise (ACE)

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Will Hertel



About Will

Will's motivation for health and fitness comes from his love to challenge himself physically indoors and outdoors through powerlifting, hiking, rock climbing, and trail running. His training style is a combination of compound barbell and dumbbell movements and closed-chain bodyweight movements through a variety of intensities. Will believes his philosophy aims to establish foundational strength, build muscle, and improve movement patterns for sustainable progression and a functional, active lifestyle. As a certified Nutrition Coach, Will would also be more than happy to answer any nutrition questions you may have and work with you to develop habits that help you towards your goals and a healthy lifestyle.

Certifications

- Certified Personal Trainer, American Council on Exercise (ACE) (NASM)
- Precision Nutrition, Level 1 Certified

Services Provided:

- Personal Training

Will is currently unavailable to take clients.

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Divya Mahadevan



About Divya

Divya's journey to becoming a coach started when she was inspired by her instructors at the gym who made sure she was able to get a good workout in regardless of the kind of day she had. Being able to make such a positive impact in somebody's life was very motivating to Divya and she wanted to be on the other side of training as well. She has been training people from a variety of age groups including moms who are striving to keep up with their very active kids and be present in their lives. She always tries to find out what kind of movement is fun for her clients and use that as a guideline to structure programs. This often helps keep them motivated through their training plan. Divya is a huge believer that all movement in the body first starts with breath. She includes a good amount of breath work and movement awareness in her programs. Divya enjoys hiking and snowboarding in the amazing mountains around us here in Colorado. She aspires to thru-hike the Colorado Trail someday! "My biggest wish is to make as many people as possible comfortable with being in the weight room. I want to help them realize that lifting is fun and for everyone!"

Certifications

- Certified Personal Trainer, NASM (National Academy of Sports Medicine)
- Weight Loss Specialist, NASM (National Academy of Sports Medicine)
- Behavior Change Specialist, NASM (National Academy of Sports Medicine)

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Certified Personal Trainer

Michael Baird



About Michael

Michael specializes in weight training for increasing strength, power, muscle growth, and muscle endurance; programs to add muscle and lose fat; sports specific training, Kettlebell training, core strengthening and functional training. As a former collegiate swimmer and current master's swimmer, Michael has a diverse sports background including track and cross country. "I want to form strong partnerships with my clients to motivate and educate them to help reach their health, fitness, and performance goals."

Certifications

- Certified Personal Trainer, National Strength and Conditioning Association (NSCA)
- Certified Strength and Conditioning Specialist (CSCS), National Strength and Conditioning Association (NSCA)
- SilverSneakers® Certified Instructor
- UCLA Graduate Fitness Instructor

Services Provided:

- Personal Training

Michael is currently unavailable to take on clients.

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Certified Personal Trainer & Fitness Lead

Kat Frazier

About Kat

With a decade of experience, Kat has trained a variety of clients with diverse backgrounds and needs. She has had considerable experience working with a range of clients including older adults, those with chronic health conditions and major joint issues. Her oldest client to date was 98 years old and she has also supervised a high school weight room. Kat has had two corrective hip surgeries and her own personal rehabilitative journey has equipped her with even more kinetic experience to help clients with each specialized focus. Kat trains with a philosophy of "form first", addressing any dysfunction or asymmetries and building from a base. She believes that fitness should be functional, reduce pain and improve overall quality of life.

She is excited to support you in your goals. Let's tackle that next fitness peak!

Certifications

- Certified Personal Trainer, ACSM (American College of Sports Medicine)
- SilverSneakers® Instructor Certified
- TRX Instructor Certified
- Bachelor of Science in Kinesiology and Physical Education with Minor in Business, University of Maine

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Certified Personal Trainer

Kyra Majewski



About Kyra

Kyra believes in a holistic approach to training that focuses on the fundamental movement patterns and providing a comprehensive understanding of fitness & health. She is incredibly passionate about improving the quality of life of others, as well as her own, in a sustainable way through a variety of training modalities and an emphasis on mindset & perspective. Fitness is an incredibly powerful aspect of health, and intentionality within training is very important for accessing that power. Everyone is capable of improving their wellbeing through fitness and Kyra is very grateful for the opportunity to help others do just that!

In her free time, Kyra really enjoys reading books, trail running, taking long walks, and spending quality time with loved ones. Oh, and movie nights :)

Certifications

- NASM Certified Personal Trainer

Services Provided:

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Physical Therapist

Paige Dow



About Paige

Paige has 10+ years of experience as a physical therapist in outpatient orthopedics. She works with patients of all ages with injuries or pain ranging from complex orthopedic trauma injuries to chronic low back pain, joint pain to balance disorders. Paige is an active mother and loves to work with athletes of all ages. She is a runner who has completed marathons, half marathons and 10ks. She loves to hike, ski, and play soccer and coaches her children's youth soccer teams. She has experience with gait analysis and helping runners and athletes return to sport safely. Paige has a wide breadth of clinical experience and has a goal to teach her clients what they need to know to improve their goals safely, improve functional strength, mobility and prevent re-injury.

Certifications

- Doctor of Physical Therapy, Boston University
- Bachelor of Arts in Psychology and Spanish, University of Washington

Services Provided:

- Transitional Therapy
(Physical Therapy)

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Physical Therapist

Siga Andrew



About Siga

Siga brings 20+ years of exercise experience to the Boulder fitness team. Her work experience includes orthopedics, body mechanics, home health care, and group training (running, swimming, skating and classic Nordic skiing). She enjoys the outdoors in all seasons and has experienced races from 5k runs to Half Ironmans, bike riding, biathlons, climbing and paddle boarding.

"My goal is to get you moving in the right direction!"

Certifications

- Bachelor of Science in Physical Therapy, Cleveland State University
- Master of Arts in Exercise Physiology, Kent State University
- State Board Physical Therapy Certification since 1988
- Level 1 Nordic Ski Instructor through Professional Ski Instructors Association (PSIA)

Services Provided:

- Transitional Therapy
(Physical Therapy)

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Physical Therapist; Athletic Trainer

Mitchell Schroeder



About Mitchell

Mitchell has long had a passion for athletics, playing collegiate soccer at Doane College, before pursuing a dual degree in Physical Therapy and Athletic Training. Mitchell currently coaches various youth and high school aged soccer teams. Additionally, he has found a competitive outlet through CrossFit which he has participated in for the past ten years as well as several local competitions. In support of the local community, he offers Speed, Agility and Quickness camps for youth athletes with an emphasis on biomechanics, running technique, and injury prevention. Mitchell believes there is often a gap between the completion of traditional therapy and a true ability to return to sport or activities of daily living. He uses his unique exercise background to help patients merge that gap and more successfully return to their prior level of function by offering programming that progress beyond traditional rehabilitative exercises. In this manner, he has seen a quicker return to pre-injury levels and a reduction in the rates of re-injury in patients.

Certifications

- Doctor of Physical Therapy, Shenandoah University
- Master of Science in Athletic Training, Shenandoah University
- Bachelor of Science in Exercise Science, Doane College

Services Provided:

- Transitional Therapy (Physical Therapy)

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Nutrition Coach

Amber Millison

About Amber

Amber is a Registered Dietitian Nutritionist with a passion to help others find food freedom by using nutrition as a tool to feel their best. She does this by meeting you where you are and helping you build sustainable, positive changes using evidence-based nutrition. She has worked with clients throughout the lifespan, from school age kids to older adults. Amber has extensive experience in Nutrition Education and building nutrition programs for the community. She continues her education in chronic illnesses, sports nutrition for all ages, mindful/intuitive eating and many other nutrition topics. In her free time, she loves to be outdoors, gardening and trying new recipes.

Certifications

- Master of Science in Human Nutrition and Dietetics, Metropolitan State University
- Bachelor of Science in Human Nutrition and Dietetics, Metropolitan State University
- Certified Lifestyle Coach, CDCs Diabetes Prevention Program
- Health Educator

Services Provided:

- Nutrition Coaching

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Nutrition Coach

Ryan Kohler

About Ryan

With over twenty years of experience, Ryan is a professional coach focusing on physiology-based exercise and training methods. He specializes in working with student-athletes and adults, striving to make significant lifestyle improvements.

Ryan has managed sports performance programs, coached junior MTB teams, and led regional and international cycling race camps. He continues to grow as a compassionate and skilled coach, committed to helping clients reach their fitness goals.

Certifications

- Master of Science, Sports Nutrition
- Bachelor of Science, Exercise Science
- USA Cycling, Level 1 Coach
- USA Weightlifting, Level 1 Coach

Services Provided:

- Nutrition Coaching

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Nutrition Coach; Certified Personal Trainer

Diana Walley



About Diana

Diana is a board-certified Nutritionist specializing in personalized health coaching to help clients eat and live well. Diana believes nutrition is the foundation of your health and well-being. Whether you want to lose weight, boost energy, fuel workouts or increase longevity, Diana can help you re-shape your nutrition and lifestyle habits to achieve your health goals and live a happier life! Diana is a graduate of the Nutrition Therapy Institute in Denver and has more than a decade of experience coaching a wide range of clients. With her dual training in nutrition and exercise, Diana has a unique understanding of the synergy between diet and movement and what it takes to help clients make real and permanent change. As a leader in the health space, Diana co-hosts the National Association of Nutrition Professionals popular Nourishing You podcast, featuring well-respected holistic health experts. She also enjoys delivering educational talks on nutrition, fitness, and healthy lifestyle. "I'm on a mission to help clients achieve and maintain their health and vitality for life!"

Certifications

- Master Nutrition Therapist
- Board Certified in Holistic Nutrition®
- ACE Certified Personal Trainer
- ACE Certified Group Fitness Instructor

Services Provided:

- Nutrition Coaching

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