



Personal Training, Nutrition, & Wellness Staff

Register online at www.BPRFitness.org or call 303-413-7270.

North • 303-413-7260
3170 Broadway 80304

South • 303-441-3448
1360 Gillaspie 80305

East • 303-441-4400
5660 Sioux Dr. 80303

Charlie Fessenden

Personal Trainer



- Certified Personal Trainer, National Academy of Sports Medicine
 - Majoring in Integrative Physiology at the University of Colorado at Boulder
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- Charlie has a multitude of experience in physical fitness, and athletic training. He specializes in strength training, high-intensity interval training, corrective exercise specialization, sports specific training, muscle growth, and power training.
 - Previously an athlete on the football team for the University of Colorado at Boulder, he has experience in collegiate football, collegiate weight training & team training, track & field, as well as multiple other sports.
 - “My goal is not just finding your self-confidence but unlocking safe and healthy pathways to conquer anything you set your mind to. Whether that is having confidence in your daily activities, stabilizing, and balancing your muscles, lifting the heaviest of weights, or even achieving your biggest athletic/sports goals, it all begins with stabilizing even the smallest of muscles.”



Kat Frazier

Personal Trainer



- Certified Personal Trainer,
 - BS in Kinesiology and Physical Education, Minor in Business University of Maine
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- With over 6 years of experience, I have trained a variety of clients with diverse backgrounds and needs. I have had considerable experience working with older adults, and those with chronic health conditions (Anhidrosis, Parkinson's and Breast Cancer). My oldest client to date was 98 years old and I have also supervised a high school weight room.
 - I have also had two corrective hip surgeries and my own personal rehabilitative journey has provided me with even more kinetic experience to help clients with each specialized focus.
 - I train with a philosophy of “form first”, addressing any dysfunction or asymmetries and building from a base. I believe that fitness should be functional, mimic daily patterns and improve overall quality of life. I am excited to support you in your goals. Let's tackle that next fitness peak!



Belen Carmichael

Personal Trainer

Wellness Coach



- Certified Personal Trainer, American Council on Exercise (ACE)
 - Certified Personal Trainer, CHEK Institute
 - Nutritional and Lifestyle Coach (NLC)
 - Wellness Coach, Lifestyle Management Associates and Coach Training Alliance
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- With 20 years experience in exercise, lifestyle, fitness, health and wellness, Belen coaches individuals through a process to cultivate a healthy lifestyle and a sustainable work-life balance.
 - Together she works with clients to identify obstacles and priorities, explore options, and discover a forward-focus direction.
 - Specialties include; stress management, eating plans, exercise, meditation, time management and life issues that impact whole-person wellness.



Lisa Shanken

Nutrition Counselor

Personal Trainer

Health Coach



- Certified Personal Trainer, American Fitness Institute (AFI)
 - Health & Nutrition Coach, AADP.
 - Corporate Wellness Consultant, Vital Advantage Corporate Wellness Consulting
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- Lisa has been involved in health, wellness, and nutrition since 2001, and has experience in one-on-one nutrition counseling, cooking instruction, fitness training, and supermarket tours. She has even published several books in her career.
 - Lisa believes in customizing health and wellness strategies to fit with each individual's lifestyle. She created the Tri-Wellness philosophy of teaching nutrition, fitness, and healthy cooking to ensure lifelong health and balance.
 - After receiving a B.S. from Cornell University, Lisa trained at the Institute for Integrative Nutrition, Natural Gourmet School, and Pratt Institute in New York City. Now, her kitchen in Boulder is always stocked, as she loves to cook and share her passion for healthy eating with her friends, husband, and two (fussy eater!) children.



Michael Baird Personal Trainer



- 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
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- Michael specializes in weight training for increasing strength, power, muscle growth, and muscle endurance; programs to add muscle and lose fat; sports specific training, Kettle bell 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."



Chris Hedman Personal Trainer



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



Terry McArthur

Certified Personal Trainer (CPT) & Registered Dietitian Nutritionist (RDN)



- M.S. in Food Science and Nutrition, B.S. in Electrical Engineering
- Certified Personal Trainer, American Council on Exercise
- Registered Dietitian Nutritionist (RDN). Dietetic Practice Groups: Weight Management (WM), Sports Wellness and Cardiovascular Wellness Nutrition (SCAN), and Diabetes Care and Education
- Lifestyle Coach, National Diabetes Prevention Program

As a Registered Dietitian Nutritionist, Terry provides evidenced based nutrition education with a compassionate coaching approach. By identifying existing barriers to behavior changes and creating personalized actions plans, Terry guides individuals to make healthful nutrition choices that are sustainable.

Also a Certified Personal Trainer, Terry believes in supporting people of all ages explore enjoyable ways to stay strong and active throughout the seasons and the life cycles.

Terry's workouts focus on maintaining and increasing muscle mass, bone density, flexibility, balance and cardio endurance. She will help you develop a fun and effective workout plan for the gym, the home, the office, or a vacation!



**Boulder Parks
& Recreation**

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Siga Andrew Physical Therapist



- BS in Physical Therapy, Cleveland State University
 - MA in Exercise Physiology, Kent State University
 - State Board Physical Therapy Certification since 1988
 - CPR/First Aid
 - Level 1 Nordic Ski Instructor through Professional Ski Instructors Association (PSIA)
- Siga brings 20 plus years of exercise experience to the Boulder fitness team. Her work experience includes orthopedics, body mechanics, home health care, and group training (running, swimming, skate 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!”
- ❖ *Advanced personal training appointments by coordinator approval only due to limited appointment availability – call 303-413-7280 to inquire about availability.*



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