



City of Boulder Parks & Recreation

Personal Training, Nutrition & Wellness Staff



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

North • 303-413-7260
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Tim O'Neal

Dietitian Nutritionist, Health Coach & Fitness Instructor



- M.S. in Nutrition and Exercise Physiology from SDSU
 - B.S. in Dietetics from UC Berkeley
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- As an RD, Tim practices evidence-based nutrition counseling to help clients stay healthy and maintain a balanced diet.
 - As a Health coach, Tim enjoys working with clients to help them find the motivation to reach their own goals. He strongly advocates for promoting health through positive lifestyle behaviors including nutrition and exercise.
 - Tim has experience teaching strength and cycle classes to the diverse population of students and community at SDSU.



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Linda Manchester

Personal Trainer



- ❑ Linda has had over twenty years of experience with the City of Boulder Parks and Recreation working as a personal trainer and fitness instructor. Her life passion is to pass on to her students what she most enjoys about life: staying fit, focused and flexible (in mind and body) so that she may live with joie d'vivre each moment and every day as much as possible.
- ❑ While in college at New Mexico State University, Linda encountered a life altering coach along her path who motivated her to shed the “freshman twenty.” He taught that true joy comes from showing up with total mental and physical commitment to attain one’s personal best. She took what he taught her to New York City a few years later where she was a personal trainer and fitness instructor at Manhattan Plaza Health Club. Through Manhattan Plaza’s Fully Alive Wellness program, she pioneered fitness and meditation programs for corporations such as the New York Times, MTV Networks and Comedy Central.
- ❑ She led classes and workshops with leaders in the field of mind/body health such as Dr. Joan Borysenko, (Minding the Body, Mending the Mind) Dr. Herbert Benson (The Relaxation Response), Jon Kabat-Zinn (Full Catastrophe Living), and Deborah Gladstein, (The Alexander Technique.) When she works with clients, Linda likes to blend the disciplines of mind/body health to achieve strength through relaxation.



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Kat Frazier

Fitness Lead & Personal Trainer



- Certified Personal Trainer, ACSM
 - SilverSneakers Instructor Certified
 - BS in Kinesiology and Physical Education, Minor in Business
University of Maine
- With seven years 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!



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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. She 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 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.



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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, 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."



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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 their personal fitness goals and to assist in improving their functional living capabilities.



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Terry McArthur

Personal Trainer & Dietitian Nutritionist



- M.S. in Food Science and Nutrition (2011), B.S. in Electrical Engineering (1985)
 - Registered Dietitian Nutritionist (RDN) credentialed by the Commission on Dietetic Registration (2012-current)
 - Certified Personal Trainer, American Council on Exercise (2013-current)
 - 2022 Academy of Nutrition and Dietetic Practice Group Memberships: Sports and Human Performance Nutrition (SHPN), and Cardiovascular Health and Well-being (CV-WELL)
 - Lifestyle Coach, National Diabetes Prevention Program (2014-2020)
- 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 coaches individuals in making individualized and informed nutrition choices.
 - Also, a Certified Personal Trainer, Terry believes in supporting people of all ages to 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 vacation!



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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, 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!”
- ❖ *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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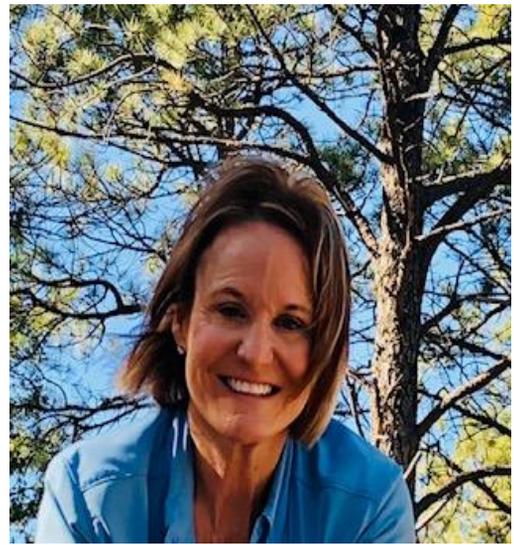
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Colleen Grafa

Physical Therapist; Certified Clinical Specialist (Orthopedics)



- DSc in Orthopedics, Rocky Mountain University of Health Professionals, Provo, UT
 - - MS in Sports Health, Texas Tech University Graduate School, Lubbock, Tx
 - - BS in Physical Therapy, University of Texas Southwestern Medical School, Dallas, Tx
- ☐ Colleen brings 30 (+) years of exercise expertise blending the fields of physical therapy, Pilates, yoga, and strength training. Her orthopedic specializations include exercise prescriptive to address:
- - Painful Shoulder
 - - Pelvic Floor Dysfunction (Men & Women)
 - - Age related Kyphosis/Osteoporosis
 - - Movement Based Impairment Disorders
 - ...and how to address these as well as other physical dysfunctions with your everyday exercise routine.



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Mitchell Schroeder

Physical Therapist; Athletic Trainer



- Doctorate of Physical Therapy, Shenandoah University, VA
 - Masters of Science in Athletic Training, Shenandoah University, VA
 - Bachelor of Science in Exercise Science, Doane College, NE
- ❑ 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. Though he does not play soccer as much anymore, he has transitioned to coaching spending the past five years coaching 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.
- ❑ Furthermore, 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.



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Will Hertel

Personal Trainer



- Certified Personal Trainer, National Academy of Sports Medicine (NASM)
 - Precision Nutrition Level 1 Certified
- Will is a NASM Certified Personal Trainer from Littleton who has spent the past eight years training friends and is excited to further pursue a career in the industry he has always had a passion for. 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.



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