

# PERSONAL TRAINERS

## Meet our Personal Trainers

**Not getting enough out of your workout?  
Does your exercise routine seem old?  
A personal trainer may be the answer for you.**

The Bob L. Burger Recreation Center has teamed up with some of the best personal trainers around to offer this service. To arrange a meeting simply call one of the trainers listed. Each trainer has unique qualities and a varying outlook and focus.

**Visit our website at  
[www.cityoflafayette.com/fitness](http://www.cityoflafayette.com/fitness)  
for complete bios.**

If you would like more information before calling one of the trainers, contact Kris Kron at 303-665-0469.



**TERESA ANDERSON**  
(303) 818-9371



**RICH BRADFORD**  
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**HEATHER PATIK**  
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**JACK WAGNER**  
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### T-FITNESS POWER TRAINING FOR LIFE AFTER 50



This class is a functional exercise program for adults over the age of 50 of any fitness level who want to enhance their freedom of movement in everyday life. This class is led by a Certified Personal Trainer offering individual guidance in a group setting. We focus on building heart and lung capacity, strength training

without compromising flexibility, and expanding range of motion. Classes run year round and session fees are monthly. **Questions? Call Tina 720-436-6037.**

R/NR	Day	Time	Date
\$60/\$70	Tue/Thu	7-8am	8/1-8/29
\$60/\$70	Tue/Thu	7-8am	9/3-9/26
\$60/\$70	Tue/Thu	7-8am	10/1-10/31
\$60/\$70	Tue/Thu	7-8am	11/5-11/28
\$60/\$70	Tue/Thu	7-8am	12/3-12/31

**INTERESTED? Come try the first class for free! You may start a session at anytime.**

### \*DANCES WITH BRANCHES / RECREATIONAL TREE CLIMBING ADULTS, FAMILIES, KIDS 7+

Climb safely on ropes into the crown of a tall tree. Experience the joy and adventure of reconnecting with nature from on high. Trained and experienced facilitators provide all the instruction and equipment necessary. Participants should be reasonably fit and in good health. Long pants and sturdy, closed heel and toe footwear are required. Gloves recommended. Minor climbers must be accompanied by parent/guardian throughout the climbing session. (No drop-offs.)

Great activity for families and single adults.



Code	R/NR	Day	Time	Date
348950-A	\$35/\$45	Sat	12:30-3pm	9/14
348950-B	\$35/\$45	Sat	12:30-3pm	11/16