

City of Fort Collins Personal Trainer

Dominick Jones



Certifications:

- NFPT National Federation of Professional Trainers
- Bachelor of Science Colorado State University in Health and Exercise Science

Dominick specializes in about all aspects of health. He helps with weight loss, weight gain, muscle gain, sports specific exercise and works with all ages.

Dominick goes by the motto "Train hard or go home."

He is available to work with people anytime of the day, and any day of the week. He enjoys sports such as football, baseball, wrestling, and body building.

Phone 481-2416

City of Fort Collins Personal Trainer

Deborah Knobel

Certifications:

- AAI/ISMA Certified Personal Trainer
- AAI/ISMA Certified Weight Training and Strength Conditioning
- AEA Certified Water Fitness Instructor
- HydroPilates Certified Core Strengthening
- CPR/AED/First Aid
- B.A. San Diego State University



Currently I am teaching

Aqua Deep Power, Core Strength and Stretch, Intervals, and Circuits.

Personal Training with me can be on land or in the pool. In good weather I love to get outside!

My other interests are hiking, bicycling, dancing, snowshoeing, nutritious cooking, gardening, and family time...and boogie boarding!

Phone: 493-7377



City of Fort Collins Personal Trainer

Jimmie Laney



Certifications:

- International Sports Sciences Association certified Personal Fitness Trainer
- International Sports Sciences Association certified Specialist in Adaptive Fitness and Recreation
- Bachelor of Science in Health and Exercise Science at CSU
- American Red Cross Certified in CPR and First Aid

I have over 13 years of professional hands-on experience as a Personal Trainer. I enjoy working with anyone who is genuinely interested in achieving their fitness goals. I especially enjoy the challenges and rewards that come from training those with disabilities and special needs. I think this is largely due to the fact that I myself was born without a left hand and a deformity of my right leg, which was amputated at the age of 5. This was the result of a rare congenital birth-defect. Therefore, I can relate to and empathize with the challenges that those with disabilities/special needs face when pursuing a physically active and health-conscious lifestyle.

My hobbies include archery, biking, hiking, rock climbing, weight lifting, wrestling, traveling and reading.

My availability may vary, depending on the needs of my current clients, however I will always do my best to accommodate new clients and work with them at a time that is most convenient for their busy lifestyles.

Phone 581-9017

City of Fort Collins Personal Trainer

Terence Clay Lenoir LeGros

Here to make sure your health stays in that youthful body.

Certifications:

- American Aerobic Association International, International Sports Medicine Association Certified Personal Trainer
- Providing you with knowledge & energy to help you bloom into the person you intend to be!
- I've studied in the areas of strength & conditioning training, as well as various forms of fitness



Personal philosophy:

My secret...is to maintain flexibility of the body and mind. This enables me to prepare for the future and for future generations. I am a student of life and I am calling all women and men to unite and stand strong for their young and stand strong for their loved ones by defending and fighting off diseases, infections, and depression. Arise to the call Terrence Clay Fitness and Finesse helping you fine tune and find your personal success.

TCF for your Success:

Through obtaining my AAAI/ISMA in 2010, I have been able to assist, advise, coach, and lead unique individuals, such as yourself, to their desired goals, gains, healthy wants, needs, and SUCCESS. Its my proud passion to help other people achieve their dreams and goals. We all have the power to change the world and make it a better place, but first you have to want a better you!!!

Come be the best you can be with me!

Phone: 970-488-9218

E-mail: ictlove@aol.com

Tess Pasternak

Specialties/Areas of expertise:

Nutrition

Swimming/Triathlon Training

Core/Body Weight Exercises

Balance and Posture Exercises

Injury Prevention

Certifications:

NASM Certified Personal Trainer

TRX Group Certification

GTS Group Certification

Holistic Nutrition Therapist



I grew up in a small town in Northern California, and began swimming competitively at the age of four. My love for the sport grew, and after experimenting with basketball, tennis, volleyball, and gymnastics,

I decided that swimming was my sport. I went to Emory University and swam for the varsity team there, earning one national championship, 12 All-American honors, and 5 varsity records during my 4 years. After swimming competitively for 20 years, working as a swim coach for over 5 years, I decided to become a personal trainer. I worked in Sacramento for 2 years as a Personal Trainer and Fitness Manager before deciding to go back to school for Nutrition. Last September, I moved here to Fort Collins, and have fallen in love this this awesome state and city!

My passion for coaching, athletics, and health led her to this profession, and it has turned out to be the perfect career choice for me! I take the "teaching" approach to personal training, as I love to empower my clients to lead healthy lifestyles long after their first session with me. I will make an appropriate training plan for you, and try my best to share as much knowledge about fitness and nutrition along the way!

Phone: (404)694-2629

City of Fort Collins Personal Trainer

Talisa Gula-Yeast



Certifications:

- ACE American Counsel on Exercise: Personal Trainer
- Mad Dogg Athletics, Inc, Spin Instructor
- American Red Cross: CPR/AED + First Aid
- Master's of Science: Outdoor Therapeutic Recreation, CTRS

Being Fit: gives me energy, helps me sleep better and I really enjoy healthy eating. It all goes together. A quick 10 min walk is all you need to feel good again.

I enjoy working with everyone. It really comes down to me coaching people and helping them learn that fitness and health is part of their lives and it is important to schedule it in. I really enjoy working with Women too. I find that we as women are great at taking care of others and forget to put our needs first. So.. it is really fun for me to meet with ladies who are ready to do that.

My schedule is flexible as I work FT from Home. So... It is best for lunch time workouts during the week and after 4-5pm to meet. I can meet on the weekend too.

I really like to cook and eat clean and like to bring this info to all my sessions. Food is the fuel to keep going. So... if we don't eat the right foods - you will notice it in your mood/energy etc.

Phone: 302-8414