

BARB GOODBARN

personal trainer

HEALTH AND FITNESS PROGRAM DESIGN

- Design exercise programs for a diverse population who are healthy or have had health concerns
- Clients of all abilities
- Emphasizing the health benefits of exercise
- Pre & Post Rehabilitation
- Sport Specific Training
- Emphasis on form and technique
- Identification of strengths and areas of improvement

QUALIFICATIONS

- American College of Sports Medicine, Personal Trainer
- American College of Sports Medicine, Certified Cancer Exercise Specialist
- Human Performance Program, Arapahoe Community College, Littleton, CO
- Bachelor of Arts Degree, Sweet Briar College, Sweet Briar, VA
- Mad Dogg Cycling, Certified Spinning Instructor
- AFAA Group Fitness Instructor
- CPR and AED for the Professional Rescuer, American Red Cross
- First Aid, American Red Cross



Fitness is an integral part of an active and healthy life. It's about developing and maintaining energy, strength and flexibility so that you can handle what life brings you. Let's get started!



HIGHLANDS RANCH
COMMUNITY ASSOCIATION