



HRCOA | Fitness

DONNA STUEDEMAN

personal trainer

FITNESS PROGRAMS FOR ALL AGES AND LEVELS

- Individualized workouts no matter your goal, age, or fitness level
- Specializes in corrective exercise techniques
- Total body conditioning
- Stability, core, balance, and flexibility are key to success at any level

QUALIFICATIONS

- NASM / AFAA Certified Personal Trainer
- Certified Spinning Instructor
- Corrective Exercise Technique Specialist
- Bachelor of Science from SJSU
- CPR / First Aid Certified – Red Cross



With over 15 years of experience, I've had the opportunity to help people of all abilities make the necessary changes in their lives to become more active and feel fit. Whether you want to lift a tractor tire or pick up your grandchildren pain-free, you'll learn safe and proper form that will transfer to your everyday life.



HIGHLANDS RANCH
COMMUNITY ASSOCIATION