

JANICE CURTIS

personal trainer

FUNCTIONAL FITNESS FOR BOTH THE FIT CLIENT AND THOSE LEARNING THE FUNDAMENTALS

- Body Weight Reduction and Maintenance
- Muscle Strength/Cardiovascular Conditioning
- Postural Assessment/Corrective Exercise
- Injury Prevention/Post-Rehabilitation
- Flexibility, Agility, and Core Training
- Body Composition Testing

QUALIFICATIONS

- ACE Certified Personal Trainer/ACE Certified Group Exercise Instructor
- AAI/ISMA – American Aerobic Association International and International Sports Medicine Association
- Certified Facility Director
- Certified Yoga Instructor
- FITOUR Certified Pilates Instructor



Janice has over 20 years experience as a fitness professional. She is a consultant on fitness articles published in national magazines and Colorado newspapers. She was a featured presenter in Denver University SPA programs for dance, group exercise and personal training.



HIGHLANDS RANCH
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