



LISA DERRICK

personal trainer

STRENGTHEN LENGTHEN & SCULPT

Step-by-step we will build a build a strong, fit, flexible functional body. Which includes: Body-weighted activity, balance, strength, core, & cardio. When it comes to exercise, “don’t think about it, just do it.” It is never too late to start. Being healthy through this journey called life is essential. I will motivate you to lead a healthy life. I focus on building a body capable of doing real-life activities in real life positions, not just lifting a certain amount of weight in an idealized posture created by a gym machine. It’s about teaching all of the muscles to work together, rather than isolating them to work independently.

CERTIFICATIONS/TRAININGS/SPECIALTY WORKSHOPS

- AFAA Certified Personal Fitness Trainer
- Group Exercise Instructor
- Indoor Cycle Instructor
- Colorado Cardiac CPR/AED

I believe in FUNctional FITness. Bodies were meant to move & fitness belongs to everybody.



HIGHLANDS RANCH
COMMUNITY ASSOCIATION