

## ***Lifestyle Coaching Staff***



### ***Janeen Haller-Abernathy***

Janeen has many years of experience working with all ages coaching, personal training and teaching people about fitness and wellness, with specialized training in youth fitness. She helps her clients implement behavior modification techniques to make better choices toward achieving their fitness, nutrition, disease management, and other wellness goals. She is certified through the AFAA.

## ***Nutrition Staff***



### ***Martha Henze, M.S., R.D.***

Martha is a registered dietitian and has developed successful dietary plans for people of all ages helping them manage weight, blood pressure, diabetes, cardiovascular disease, and healthy pregnancy. As a former tennis instructor, she understands the importance proper nutrition has on achieving optimal sports performance. While living 5 years in Europe, she attended several nutrition workshops enhancing her culinary experience. She enjoys helping people blend sound nutrition and exercise goals into a lifestyle of health and wellness.

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# ***Apex Center***

## ***Personal Training Nutritional Counseling Lifestyle Coaching Staff***



***Individuals • Couples • Groups  
Youth • Adult • Seniors***

***Please call 303-463-4241 or e-mail us at  
personaltrainer@apexprd.org  
for more information***

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# Apex Center Personal Training Staff



## **Holly Benson**

Holly has over 25 years in the health and wellness industry working as a personal trainer and group exercise instructor and has managed health clubs and fitness and wellness programs for recreation centers. She enjoys working with any age of client wanting to improve overall strength and balance. She has trained seniors and post rehab clients for most of her career. She is certified by A.C.E. and holds B.S. degrees in Recreation Administration and Corporate Fitness.



## **Lisa Heaton**

Lisa is an all around fitness professional who teaches a variety of group exercise classes in addition to doing personal training. She has over 15 years of experience training teens through seniors and has specialty experience in pre/post natal fitness. She strives to take the intimidation factor out of learning to use the equipment and training methods, and wants each of her clients to feel good about exercising and getting fit. Her work with athletes focuses on sport specific exercises that improve strength flexibility and balance. She is certified through the AFAA.



## **Nicole Keating**

Nichole has been a trainer for 13 years and has a diverse background in health and fitness with experience in nutrition, weight management, pre/post natal fitness, sports conditioning, and triathlon training. Her enthusiasm, knowledge, and innovative training style are a match for a wide variety of client needs. She is certified as an ACE-CPT, NASM-CPT, AFPA-Pre/Post Natal Specialist and AFPA - Weight Management Consultant and AFPA - Nutrition and Wellness Consultant.



## **Nick Lehnerz**

Nick leads an active fitness lifestyle and enjoys participating in marathons and sports. He was inspired to become a personal trainer when he worked with one at a young age. Thus, he has a firsthand knowledge of what motivates and challenges clients. He strives to give them the most out of every workout and help make their goals a reality. He believes that with a good support system and motivation, anyone can reach their fitness goals. Nick holds a personal training certification through AFAA.



## **Matt Miller**

Matt has extensive experience in working with clients post physical therapy and those with chronic disabilities. He has a gentle and understandable teaching style perfect for the beginner or older adult just getting into fitness, but can also put together challenging and effective programs for a wide variety of client needs and goals. He is certified through AFAA and is a certified therapeutic recreation specialist.



## **Yogi True**

Yogi has been involved in fitness for his entire life and became a personal trainer as a second career after selling his stock market business. He enjoys helping clients with weight loss and working with people over 40 needing an age appropriate workout program, and is sensitive to modifying training methods for safety and effectiveness. He believes that if you give him 24 hours, he can change your life. He is certified through the National Academy of Sports Medicine.



## **Lance Henkel**

Lance's passion for fitness and investing in others led him to personal training. He works with a wide range of clients: recreational to competitive athletes, youth to adult, fitness newcomers and long time enthusiasts. He has competed successfully in collegiate athletics, numerous triathlons and cross-training competitions. He enjoys sharing his knowledge and experience with others to help them reach their wellness, fitness and athletic goals. Lance's philosophy is "Training for the athlete inside everyBODY!" He is certified through the American Council on Exercise (ACE).



## **Sierra Stump**

Sierra works with clients of all ages, fitness levels, and special needs. She enjoys mixing nutrition with training; what people eat plays a huge role in how they feel. She enjoys helping her clients discover ways they like to become active, and personalizes programs for them so that they have fun and stay motivated. Sierra's hobbies include running, hiking, backpacking, and cycling. She has a degree in Human Nutrition-Dietetics from Metropolitan State College of Denver and has her personal training certification through ACSM.



## **Stephanie Brown**

Stephanie is a Colorado native who has travelled all over the world during her husband's military career. She has worked in various gym settings and has produced positive effects for her clients over the last 15 years. Stephanie enjoys sharing her experience and expertise to help inspire and motivate clients with a proven track-record of helping them overcome obstacles. She is certified with TRX, ACE group fitness, AFAA personal training and Tomahawk indoor cycling.