
Apex Center

***Personal Training
Nutritional Counseling
Staff***



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

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

Apex Center Personal Training Staff



Holly Benson

Holly serves as the head personal trainer at the Apex Center. She has spent her entire career in the fitness industry personal training, teaching group exercise and managing fitness programs, staff and facilities. She enjoys helping clients improve strength and balance, and overcoming time management challenges. Her area of focus is seniors and post rehab clients, and pre/post-natal fitness. She is certified by A.C.E. as a personal trainer and Medical Exercise Specialist and NASM as a Corrective Exercise Specialist. She holds dual B.S degrees in Recreation Administration and Corporate/Community Fitness.



April Benson

April works well with a diverse clientele ranging from the older adult just getting started to the experienced athlete. She understands the value of time and teaches her clients to workout "smarter" and efficiently. She particularly loves working with kettlebells, free weights and bodyweight exercises. Her guiding principle is "do more in less time" with an emphasis on the exercise "basics". She is FMS (Functional Training), RKC Kettlebell Strength and Conditioning, Cancer Exercise (C.E.T.I), Keiser M3 indoor cycling) certified.



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 cancer and 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 A.F.A.A. and CancerFit.



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.



Sierra Stump

Sierra works with clients of all ages, fitness levels, and those with 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 A.C.S.M.



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 a challenging and effective program for a wide variety of client needs and goals. Matt is a Certified Therapeutic Recreation Specialist (CTRS) and has his personal training certification through AFFA.



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 a certified personal trainer and corrective exercise specialist through the National Academy of Sports Medicine (NASM)



Nicole Keating

Nicole has been a personal trainer since 2002 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 & Wellness Consultant. She currently is studying to be a Bariatric Weight Loss Consultant.



Lance Henkle

Lance's passion for fitness and investing in others led him to becoming a personal trainer. 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).



Brad Taddonio

Brad came to Colorado to follow his passions of skiing and mountain biking. He obtained his B.S. degree in Health and Exercise Science at with a strong focus on bio-mechanics and movement dysfunctions. He also coaches his clients on weight loss and muscle gain. He believes in first establishing proper movement patterns, which sets the stage for clients to address issues and reap benefits for a lifetime. Brad is a certified ACSM Exercise Physiologist and NASM Corrective Exercise Specialist.



Megan Najera, Registered Dietitian

Megan is head-over-heels for wellness. Her greatest love is helping others through nutrition, though she has also taught yoga, snowboarding, and slacklining. Her motto is "be the person you dream to be" – whether that means going on that long dreamed-of backpacking trip, playing more with your kids, or feeling comfortable in your own skin. Megan has degrees in Food Science and Nutrition from Central Washington University and Communications from the University of Washington. She is the author of *Get Fit with Slacklining*.