

# PERSONAL TRAINER

**John Herbst** 541.305.3000

[johnh97439@yahoo.com](mailto:johnh97439@yahoo.com)

I am a native of northern Colorado. Altogether, I have lived 50 years in towns such as Greeley, Loveland, Drake, Glen Haven and Estes Park.

I have experience in hiking, backpacking, mountain climbing, glacier climbing, snowshoeing and cross-country skiing. Exercise has always been a part of my life and I believe in taking care of the mind, body and spirit. As a personal trainer and a caring person, I desire to help my clients reach their personal goals.

## Qualifications

- Personal Trainer/Lifestyle Consultant - N.A.F.C.

## Experience

I have been a Personal Trainer/Lifestyle Consultant from 2004–2021. I've trained and supported five women and one man in Natural Bodybuilding Competitions and have competed myself. I also trained and supported two women in Natural Figures Competitions.

## Specialties

I have trained individuals ranging from 15–96 years of age with various personal training goals. Being a senior myself, I can relate to the aging process. Helping seniors attain realistic goals has been my focus for the last five years. Within that time, I have had experience with helping individuals who have Parkinson's or have had a stroke. I also specialize in post-rehab, endurance, balance, Isometrics, strength and core training.

**Take the first step! Call me at 541.305.3000 or email [johnh97439@yahoo.com](mailto:johnh97439@yahoo.com) to schedule an appointment.**



City of  
**LOVELAND**  
PARKS & RECREATION

**CHILSON**  
Recreation & Senior Center