



Mike Benedict

Personal Training Supervisor

CLUB HOURS:

Monday - Friday
5:30am - 9pm

Saturday - Sunday
6:00am - 9pm

Contact Mike
at 970.274.1837

mbenedict@destinationhotels.com

Mike incorporates sound physiological and anatomical principles, coupled with your goals to help you achieve a higher level of functioning. As a NSCA *certified strength conditioning specialist* and an ACE *certified personal trainer*, Mike will help you get the most out of your time in the gym. Whether your goals are weight loss or sports specific skill development, Mike's ability to focus on the details and his drive to get the job done will have you singing praise about your new abilities. When he's not in the gym, Mike enjoys being outside, skiing, mountain biking, camping, or just hiking with his dog.

"A well-rounded fitness routine is key to leading a healthy, injury-free life".



MIKE'S CREDENTIALS

B.A. Exercise & Sport Science, Western State College
Certified Strength and Conditioning Specialist, NSCA
Certified Personal Trainer, ACE
Functional Movement Screen Certified, Level 2, FMS