



# Paul Bersagel

## Certified Personal Trainer

### CLUB HOURS:

Monday - Friday  
5:30am - 9pm

Saturday - Sunday  
6:00am - 9pm

**Contact Paul**  
**at 970.405.2791**

[pbersagel@destinationhotels.com](mailto:pbersagel@destinationhotels.com)

Paul has worked with many athletes at Howard Head Sports Medicine. He specializes in coordinating the transition from physical therapy back to sports. He excels in preparing individuals with the strength required for their athletic activity. Paul builds a foundation of core strength and proper body mechanics to avoid future injuries and promote overall performance. Paul's interests are skiing, mountain biking, golf, hockey and climbing Colorado's fourteeners.

*“Proper body mechanics and your commitment are keys to obtaining your injury-free goals”.*



### PAUL'S CREDENTIALS

**Bachelor's Degree, University of Colorado**

**at Boulder: Integrative Physiology**

**Personal Training Certification**

**National Association of Sports Medicine, NASM**

**Performance Enhancement Specialist**

**Trained Several Hockey Players in the NHL,  
Post Injury**