



Tyler Woomer

Exercise Specialist/Premier

Education

- Slippery Rock University
B.S. Physical Activity & Fitness Management

Certifications

- ACSM Certified Personal Trainer
- Red Cross CPR/AED Certified

Areas of Specialization

- High-Intensity Interval Training (HIIT)
- Flexibility
- Functional Strength
- Performance Training
- Injury Prevention

Quote

"If you play stupid games, you win stupid prizes."
- Keg Clark

Biography

Tyler comes from the beautiful small town of Clearfield, Pennsylvania (aka "God's Country"). Growing up in Clearfield, he discovered his passion for the outdoors and physical fitness. After graduating from Slippery Rock University with a solid education, Tyler moved to Baltimore where he embarked on his career in physical fitness. A year and a half later, it was time for a change so he made

the move west to Denver this past May and has been enjoying all that Colorado and the Rocky Mountains offer. In his spare time, Tyler enjoys outdoor activities such as kayaking, skateboarding, hunting, fishing and camping. Tyler's training philosophy encourages his clients to achieve their goals by creating positivity and striving to get better every day.