



## About 1000 Hills Fitness

1000 Hills Fitness is the leading private club fitness consultant and manager in the country. We deliver solutions crafted to meet your club's distinctive fitness needs.

We believe fitness should wow!

## Solutions

### Strategic Planning

- Feasibility Study
- Neighborhood Analysis
- Trend Report
- Member Survey
- Board/Management Consulting
- Conceptual Outlines
- Financial Projections
- Staff Engagement

### Pre-Opening

- Brand Positioning
- Goal Setting
- Infrastructure Development
- Interior Design
- Marketing Plans
- Equipment Recommendations
- Vendor Management
- Architect Consulting
- Program Design

### Management

- Recruiting
- Staff Development
- Economies of Scale
- Instructor Training
- Full Service Operations
- Member Engagement Plans
- Business Plans and Budgets
- Marketing Plans
- Develop Fitness Concepts

## Marquee Clients



## 1000 Hills Fitness

P.O. Box 260490  
Denver, CO 80226

t: (303) 325-2640

[www.1000hillsfitness.com](http://www.1000hillsfitness.com)

## Founding Date

2011

## Team Members

22

## Leadership

**Scott Poston**, President

t: (303) 875-7224

e: [scott@1000hillsfitness.com](mailto:scott@1000hillsfitness.com)

**Heather Bahlmann**, Magic Maker

t: (303) 898-1138

e: [heather@1000hillsfitness.com](mailto:heather@1000hillsfitness.com)

## Quote

"1000 Hills Fitness is not just a boutique management company or a consulting firm. We bring magic to every project."  
—Scott Poston, M.S.



Private club fitness centers managed by 1000 Hills Fitness generate, on average, 465% more revenue than the average private club fitness center.



“

We selected 1000 Hills Fitness for their expertise, forward thinking mindset, and programming.

They spent a great deal of time getting to understand our club culture and specific expectations and crafted a program worthy of national attention. Columbine has made a long-term commitment with 1000 Hills largely because of their insight and personal commitment to creating a truly dynamic new membership amenity.

”

—Michael Bratcher, COO, 2015-2018

We believe  
fitness should  
wow.

## Principal Consultants



**Scott Poston, M.S.**  
Founder & President

Scott has worked in private clubs across the country in nearly every role from personal trainer to general manager. He spent nine years with the #4 private city club in the country, the Denver Athletic Club, as its Fitness Director prior to founding 1000 Hills Fitness. Scott has served as Board Chair for the National Personal Training Institute, and has been published in distinguished industry magazines like the Private Club Advisor. He is also a national presenter, including recurring engagements on CMAA's world stage.

**Heather Bahlmann**  
Magic Maker

Heather has 20+ years experience as a fitness director in both private and luxury-commercial clubs, including the Atlantic Club and Pura Vida Fitness & Spa. At Pura Vida Heather built from scratch an annual budget of over \$2.0M and maintained non-dues revenue growth of over 20% per year.

