



Certified Personal Trainers

Shelly Hare

Fitness has been a part of Shelly's life for the past 25 years. She and her husband Steve established Vermont Sun Fitness Center in 1984 and have owned and operated the facility since then. Shelly became a Certified Group Fitness Instructor in 1984 through ACE (American Council on Exercise). In 1995 Shelly became a Certified Spinning Instructor through Madd Dog Athletics, in 2006 she became a Certified Personal Trainer through AFAA (Aerobics and Fitness Association of America) and in 2007 she became a Certified Body Pump instructor through Les Mills International.

Shelly continually works on improving her skills and knowledge by attending seminars and workshops based on health and fitness topics. Shelly loves having the opportunity to help motivate clients in achieving their health and fitness goals. With focus, determination and will power you will be succeed. Take care of your body and soul. To schedule an appointment call **388-3060**.

Kristen Ginsburg

Kristen is a Certified Personal Trainer fully certified through the National Academy of Sports Medicine (NASM). NASM is a highly respected authority in the field of fitness and sports medicine, with a methodology founded in applied science and an approach whose emphasis lies in developing individualized programs to meet the specific needs of each client. This means that after a thorough assessment Kristen can help anyone achieve his or her fitness goals, from the first time gym member to the high level athlete.

Kristen has worked with teenagers looking to lose weight and gain strength, families who wanted to get fit together, young mothers who wanted to get back to their pre-pregnancy shape, individuals training for a triathlon, young men looking to build bulk and those who just wanted to improve their posture and get stronger at the same time. To schedule an appointment call **453-4250**.

Dayton Contois

Dayton is currently a licensed Physical Therapist and Director of Porter Orthopedic and Rehabilitation Services at Porter Hospital. Dayton's comprehensive knowledge of anatomy and physiology allows him to develop programs for individuals of all ages and abilities. To schedule an appointment call **349-4147**.

David Payne

David is a certified trainer through the International Fitness Association. He also has certifications in CPR and First Response. David is a student at Castleton State College in the Exercise Science Program with a focus in Strength and Conditioning.

Both weight lifting and fitness have been a part of David's life since he was 15 years old. He is especially knowledgeable in strength and resistance training. He loves working with people looking to improve their fitness, and it is his goal to spread general fitness and get as many people involved in exercise as possible. To schedule an appointment call **349-6574**.

Ron Dedrick

Ron is certified by AFTA Health & Fitness. He has over twenty five years of "on the job" gym experience and has competed in a number of power lifting competitions. Strength training and body building have been a specialization as well as the related nutritional requirements needed to excel in these areas. Weight loss through proper nutrition and exercise programs are a specialty. If you would like to change the way you look and don't mind a little work, let me help. To schedule an appointment call **908-902-7632**.

Note: All certified trainers are required to get re-certified every two years. This requires taking continuing education courses within that time frame.