



Certified Personal Trainers

David Payne (Middlebury)

David is certified by the National Strength and Conditioning Association (NSCA). His certification is as a Certified Strength and Conditioning Specialist (CSCS) one of the premier leading national certifications. Coinciding with his certification, he has a Bachelors degree in Exercise Science from Castleton State College. David has been an avid fan of sports and exercise since he was young, and has gathered years of experience, particularly in resistance training. He has training in resistance training, aerobics, agility, plyometrics, and reconditioning of injured muscles, as well as fitness screening, sports programming and athlete evaluation. Additionally he has education in nutrition regarding weight loss, lean muscle gains, and sports energy requirements. He has experience working with a wide range of people and through motivation and hard work is committed to assisting individuals achieve their fitness goals. **Call 349-6574.**

Ron Dedrick (Vergennes)

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. **Call 877-2030**

Jim Hoverman (Middlebury)

Jim is a Vermont Sun certified personal trainer and nutritional consultant. For most of his life, Jim has been actively involved in competitive athletics (football, wrestling, track, tennis, golf), including 17 years as a high school wrestling coach. In 2000, he was inducted into the New England Wrestling Coaches Hall of Fame. Jim became interested in the health-promoting aspects of food when he and his wife Ginny started their own food business in 1998. Since then, he has gained in-depth knowledge and personal experience of the healing and health-promoting effects of a plant-based diet. Jim enjoys helping people use exercise and optimum food choices to get themselves into great shape, control and even reverse chronic diseases such as heart disease, high blood pressure, and type 2 diabetes, and maintain their health for the rest of their lives. **Call 388-7704**

Shelly Hare (Middlebury)

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 at 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. **Call 388-3060.**

Kristen Ginsburg (Middlebury and Vergennes)

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. **Call 989-5435.**

Dayton Contois (Middlebury and Vergennes)

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. **Call 349-4147.**

Whitney Troy Vowell (Vergennes)

Whitney is an ACSM (American College of Sports Medicine) Certified Personal Trainer. With over 25 years of competitive athletic participation, in addition to coaching and volunteering with numerous local sports teams, Whit brings enthusiasm, passion and positivity every place he goes. Proficient in writing exercise recommendations, leading and demonstrating safe and effective methods, and motivating individuals to begin and maintain new and healthy behaviors, Whitney’s emphasis in training is on sports-specific conditioning and weight management. He firmly believes that a

connection lies between physical, mental, and emotional well-being, and looks forward to sharing his experience and knowledge with his clients. Whitney teaches Spinning on Saturday mornings at the Vergennes location and enjoys playing softball, basketball, and golf in his free time. **Call 870-7056.**

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

Rates: \$55 / One hour session * 5 One hour sessions - \$265 * 10 One hour sessions - \$500
\$35 / ½ hour session * 5 ½ hour sessions - \$165 * 10 ½ hour sessions for - \$300