

Lisa Foncannon



Introduction

I was drawn to group exercise because of the music and energy that aerobic exercise provides. After moving to Loveland in 1989, I discovered another love in strength training, and have been hooked on the overall fitness concept ever since. I believe that variety in all areas of life is the key to fun & fitness. I attend a variety of health and fitness workshops every year to improve my overall knowledge, and find new ways to challenge myself and my clients to find balance and fun in life.

Qualifications

Certified in Personal Training through:

- National Exercise Trainers Association (NETA)
- American Aerobic Association International (AAAI)
- International Sports Medical Association (ISMA)

AAAI/ISMA Certifications include:

- Master Personal Fitness Trainer, Weight Training Consultant, Expert Aerobic Instructor, Body Bar, Older Adult Fitness and Total Body Strength Conditioning

Licensed to teach: Zumba Fitness™ and Zumba Gold™

Certified to teach: Tabata Bootcamp™

Experience

I have been a group fitness instructor for over 25 years, including personalized classes such as *Strength Training for Seniors*, and *Slim & Trim after 60*. For the past 20+ years, I have enjoyed teaching a wide variety of classes for all ages from Aqua to Kickbox, Strength Training to Zumba Fitness. I enjoy meeting new people through individual orientations and getting to share in my clients' accomplishments.

Specialties

I especially love working with people who are beginners, seniors, and women of all ages, but truly enjoy working with people as they continually improve their fitness level and achieve personal goals. I like the atmosphere at the Chilson Center and love working with guests.

TRAINER