



Aaron Suma

Certified Personal Trainer

CLUB HOURS:

Monday - Friday
5:30am - 9pm

Saturday - Sunday
6:00am - 9pm

Contact Aaron
at 319.241.8535

asuma@destinationhotels.com

Aaron attended the University of Northern Iowa where he received a Bachelor's and Master's degree in Exercise Science. Aaron is well rounded in Personal Training and Strength and Conditioning and designs progressive programs for all types of people from those who have pre-existing injuries to athletes looking to improve performance. Aaron is an NSCA Certified Strength and Conditioning Specialist as well as a USA Weightlifting Certified Sports Performance Coach. Aaron loves teaching Olympic Weightlifting and its importance in athletics to athletes. Aaron enjoys snowboarding in the winter and playing many sports including basketball, football, golf, tennis, soccer, softball, and is also a competitive racquetball player.

*"The block of granite that was an obstacle in the mind of the weak became a stepping stone in the mind of the strong" .
-Thomas Carlyle*



AARON'S CREDENTIALS

Exercise Science, BA & MA

Certified Strength & Conditioning Specialist, NSCA

USA Weightlifting Certified Sports

Performance Coach

Emergency Medical Technician,

Eagle County Ambulance

CPR/AED Certified