



Patti Hyre

Certified Personal Trainer

CLUB HOURS:

Monday - Friday
5:30am - 9pm

Saturday - Sunday
6:00am - 9pm

Patti's philosophy towards fitness is that fitness is the beginning of everything that most people want out of life: health, vitality, beauty, strength, confidence, and self respect. Her programs are based on strength conditioning, nutrition, and aerobic training. She has 25 years experience competing in marathons, half marathons and iron man triathlons. As a professional and a competitive athlete Patti enjoys running, snowshoeing, skate skiing, biking, waterskiing, and weight training.

“To me, it’s not about building a better body. It’s about building a better life”.



Contact Patti
at 970.470.1588
phyre@destinationhotels.com

PATTI'S CREDENTIALS

Certified Personal Trainer, AFAA, NSCA
Certified Strength and Conditioning Specialist, NSCA
Certified TRX Suspension Trainer
Kickboxing Certification, AFAA
Group Fitness Instructor, AFAA