



Stacey Vachon

Certified Personal Trainer

CLUB HOURS:

Monday - Friday
5:30am - 9pm

Saturday - Sunday
6:00am - 9pm

Contact Stacey
at 970.376.6509

svachon@destinationhotels.com

As a health and fitness professional, Stacey believes in lifestyle balance. She takes pride in motivating others to achieve their goals. Her programs are based on functional strength, core stability, proper nutrition, flexibility and cardiovascular exercise. Her 10 years of experience combined with creative and fun programs will make your training something to look forward to!

“Fitness can be incorporated into everyone’s lifestyle and be achieved with a smile”.



STACEY’S CREDENTIALS

**B.S. Exercise Science and Health Fitness,
University of Southern Maine
Certified Personal Trainer, AFFA
Certified Spinning Instructor, Johnny G.
Certified Aerobics Instructor, IFA , AFFA**