

VAUGHAN **FITNESS**

find your **strong**



Oliver Martell, Fitness Coordinator

Oliver has been part of the Vaughan Fitness team for 16 years. He has a diploma in Fitness and Health promotion and is a certified Personal Trainer and Fitness Instructor.

His specialty instructor certifications include Can Fit Pro, Reebok Spin and Drumfit. Oliver's favourite muscle group to work are triceps - so he shows no mercy during his HIIT functional training classes.

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Liana Kearney, Fitness Coordinator

Liana has 30 years of experience in the fitness industry, with the last 23 as part of the Vaughan Fitness team. She has a degree in Kinesiology and a diploma in Fitness and Lifestyle Management, and is a certified Personal Trainer and Fitness Instructor.

Her specialty instructor certifications include: Reebok Spin, Drumfit and TIME. Liana is a rock star Spin & Core instructor with a regular following of spinning fanatics. Her favorite class to teach is Spin & Core/Stretch. Triceps are his fav muscle group.

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Melissa McDermott, Fitness Coordinator

Melissa has been part of the Vaughan Fitness team for 15 years. She has a diploma in Fitness Education, is a certified Personal Trainer and Fitness Instructor with certifications including: Reebok spin, TIME, kettlebell, bender ball, Queenax and TRX.

Melissa is known for her fancy footwork – she’s been a dance instructor and hip hop choreographer for 20 years – so you can feel the vibes in any/all her fitness classes.

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Darla Dupuis, Fitness Coordinator

Darla has 21 years of experience in the fitness industry, with the last 15 as part of the Vaughan Fitness team. She has a diploma in Sports Administration and is a certified Personal Trainer and Fitness Instructor. Darla holds a specialty Sports Performance certification and was a former competitive bodybuilder.

Her “strength” is helping professional athletes improve their performance through weight training and muscle conditioning.

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Ashley Lafreniere, Fitness Programmer

Ashley has been part of the Vaughan Fitness team for 11 years. She has a degree in Kinesiology and a diploma in Fitness and Lifestyle Management. Ashley is a certified Personal Trainer and Fitness Instructor with a long list of specialty instructor certifications including: Reebok Cycling, Zumba Basics 1, Yoga Level 1, Mat Pilates Level 1.

Ashley has all the moves, so it's only natural that Zumba is her favourite class to teach.

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Cindy Daniels, Fitness Coordinator

Cindy has 34 years of experience in the fitness industry, and has been with the Vaughan Fitness team since 1997. She has a diploma in fitness and is a certified Personal Trainer and Fitness Instructor.

She also holds a specialty instructor certification in dance from the British Associations of Teachers of Dance.