



KELLY CHASE

Fitness Director, Personal Trainer

EDUCATION

Ithaca College
-M.S. in Exercise Science/ Exercise Physiology
-B.S. in Exercise Science/ Fitness & Cardiac Rehabilitation

SPECIALIZATIONS

- § Weight Loss/ Body Fat Reduction via circuit training
- § Sport Specific Testing and Training (e.g. basketball, track & field, soccer)
- § Job Specific Testing and Training (e.g. firefighters, salt miners, salt workers, police officers, EMS personnel)
- § Cardiovascular Risk Reduction (i.e. cardiac rehab)
- § Disease Management (Cancer, Diabetes, Parkinson's, Post Polio Syndrome)

CERTIFICATIONS

ACSM: Health Fitness Instructor
AHA: First Aid/CPR/AED
Johnny G Spinning- MADD DOGG Athletics
Trixter X-Cat

BIO

- § Former Collegiate Division III Soccer, Basketball and Track & Field athlete
- § Strength & Conditioning Team Program Development for Ithaca College
- § Teaches group exercise classes including Cycling, X- Biking and Core classes
- § Thesis- Oxygen Consumption of Firefighters During Occupationally Specific Tasks
- § Participates in running road races, including Disney Marathon, Boilermaker 15K, and other local races