

GET FIT

Want to get fit, but don't know where or how to get started?

Are you new to the gym but a little intimidated and don't know who to ask for help?

As part of the VU Living Well Program, Shelly McCrary will be available in the Student Recreation Center during the scheduled times listed to help you kick start your fitness plan.

Shelly a certified AFAA Group Fitness instructor and an AFAA Certified Personal Trainer. She has a certificate in TRX Suspension Training and possess a general nutrition certificate. Her passion is helping others improve their quality of life.

TRAINING

Monday	11:00 A.M. – 1:00 P.M.
Wednesday	11:00 A.M. – 1:00 P.M. 4:00 P.M. – 6:00 P.M.
Thursday	11:00 A.M. – 1:00 P.M. 4:00 P.M. – 6:00 P.M.
Friday	11:00 A.M. – 1:00 P.M.



My goal at VU is to offer a variety of exercise formats to challenge participants and to avoid boredom. I am excited to join VU and provide fitness options from beginner level to advanced.

When you get the opportunity please stop in and introduce yourself.

