



Chris Papsin

Chris is a Certified Personal Trainer through the National Academy of Sports Medicine (NASM). He is also a P90X Professional Trainer and Mad Dogg Athletic Spinning Instructor. He began personal training six years ago after working in the natural science field and coaching high school swimming. Chris graduated from Elms College in 2005 with a degree in Natural Science and a minor in Coaching. He is a two time New England Swimming Champion and was inducted into the Elms College Athletic Hall of Fame in 2010. Chris is currently the Head Swimming Coach at Shepaug Valley High School where he graduated from in 2001.

Chris focuses on challenging his body and learning from listening to body cues. His most recent challenge was climbing Mount Washington on his bike, not once but three times! He competes annually in triathlons and other cycling events as well. He has the passion to help others and is ready and able to work with individuals and achieve their fitness goals through successful techniques based upon knowledge acquired through his education and exercise experience. He can design programs to complement each individual's needs and goals. Chris aspires to make fitness a rewarding part of our lives for any individual.