# Spin with David!

David Fairmont, licensed personal trainer, is starting an early morning spinning class designed specifically to improve cardiovascular health. The 45-minute class will be held Monday through Friday beginning at 5:30 a.m.

Class size is limited so sign up now!

David Fairmont is one of the club’s new trainers. He holds a master’s degree in health management from the University of Vermont in Burlington, Vermont, and specializes in fitness and cardiovascular health. 