

Alison Gromme - B.A. Biology, Crossfit Level I Certificate, Ace Certified Personal Trainer, 200 Level Yoga Teacher

Alison has long nurtured a deep connection to nature and outdoor activities, first with her family in mountains outside of Boulder, Colorado, and later on the family farm in Wisconsin where her father practiced conservation of land providing open water for migrating water fowl, and farmland converted to tree plantation to preserve virgin forest. Alison first shared her love of the outdoors as a camp counselor in northern Michigan leading backpacking, camping, and canoeing trips. Drawn back to the mountains of Colorado, Alison continued to explore outdoor adventure, bicycling, backpacking, and skiing while attending college. She holds a BA in Biology from the Colorado College. As an experienced ACE certified personal trainer since 2004, and yoga instructor since 2003, she promotes a holistic approach to fitness with an emphasis on functional movement, health and wellness, providing education in the areas of exercise, and nutrition. She has a passion for Crossfit, and the ever present opportunity for physical and sometimes mental challenge. Alison worked as a physical therapy aide for 2 years at Valley View Hospital in Glenwood Springs, and enjoyed helping the therapists with the patients to recover, and realize improvements in strength and mobility. She, also, works with post rehab patients ensuring a safe transition back to good health, and fitness. Alison has experience working with seniors, paying particular attention to their special requirements. Alison holds a certificate in professional cooking from the Cooking and Hospitality Institute of Chicago, and was a professional chef for 10 years. She loves to combine her passion for cooking with her knowledge of nutrition to share a deliciously healthy lifestyle with others. Alison and her husband Tim continue to enjoy playing outside mountain biking, snowboarding, motorcycling, hiking, and running. Together they have grown in the martial arts with Tim teaching Tae Kwon Do, and most recently Krav Maga, cultivating and sharing with others how to integrate a mind body connection, inner peace, strength, and confidence into daily life.

Alison's Education and Certifications:

- The Colorado College – BA Biology 5/89
- Cooking and Hospitality Institute of Chicago – Certificate Program, Professional Cooking 5/92
- University of Guanajuato – Cooperative Program, Mexico Studies 9/87-12/87
- Johnny G Certified Spinning Instructor since 1999
- Yoga Alliance approved 200 hour teacher training program from Yogafit® Training Systems Worldwide, Inc. awarded in 2006
- SilverSneakers® Muscular Strength and Range of Movement, and Cardio Circuit
- ACE Certified Personal Trainer since 2004
- Crossfit Level I Certificate since 2011
- Reiki Master Practitioner since 2012
- Postural Precision Movement™ Level 1
- Practical Nutrition for the Fitness Professionals