

Ethel Buns

Certified Personal Trainer

Education/Background

Ethel has a Bachelors degree in Marketing/Management from Old Dominion University and a Masters Degree in Physical Education from Virginia Commonwealth University.

Ethel moved to Florida in 1998 from Richmond, Virginia, where she worked for Club Corporation of America as a Personal Trainer for 5 years. During that time she received her ACSM Certification and also held positions as the Membership/Wellness Director and Activities Coordinator.

In Florida she owned her own fitness studio until March, 2004, and at that time started working for Fit For Life as a sub-contractor.

Interests

Ethel volunteers for the SPCA because of her love for animals. She and her husband have 5 dogs which she spends a lot of time enjoying. Also, they own a real estate company where she works part time. She has been an avid runner for 20 years and in 2002 began power walking. She continues her strength training and also has added cycling into her fitness routine. She loves to cook, go boating, and spend time with her family and friends.

Personal Training

Ethel's goal is to give you the knowledge and necessary tools for a healthy lifestyle. Using her knowledge and expertise, she will help you understand how exercise and nutrition can help your overall quality of life. She has helped clients of all ages and fitness levels and will help set up your individual program to help you reach your fitness goal.

