



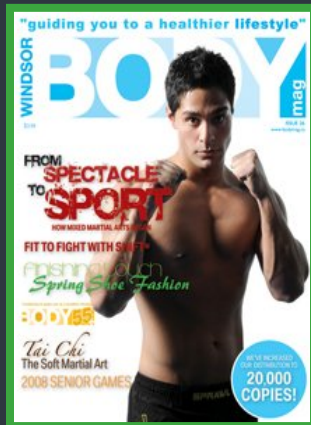
“Thanks to Dave, the road to fitness has been made a lot more enjoyable!”

**Greg Drouillard**



“Dave has me in the best shape ever and I’m not going anywhere. I’m a client for life”

**Abir Osman**



“Training with Dave is the best decision I have ever made as a fighter” **Abe Ammari**

## Who am I?

- Fitness Director for Lifestyle.
- Certified trainer for over 11 years.
- Strength and Conditioning Coach for Central Combat Sports and the AKO Fratmen Lacrosse Team.

I’ve been in the fitness industry for over 11 years. In that time I’ve seen every fad diet and training method come and go. What that time has taught me is that there is NO substitute for hard work, proper diet and adequate rest. Results aren't found trusting a magazine article or the latest diet craze. They're found with dedication and commitment.

I’ve dedicated myself and my career to keeping my clients and athletes in the best shape possible. The only way to ensure that is by relentlessly researching training methods, dietary strategies, physiology and the other various areas of fitness.

Keeping myself on the leading edge of the fitness industry is what gives my clients the advantage on the field, in the workplace, in the cage, in their home, on the ice and in life.

Getting in the best shape of your life may not be easy but with my help we can get you there. All it takes is some dedication and guidance and in no time you’ll reach your goals, whatever they may be.

## **My specialties include**

- Body transformation
- Sport performance for:
  - MMA / Boxing / Wrestling
  - Lacrosse / Hockey / Football
- Fitness Therapy
- Balanced training through accurate assessment

**For consultations or questions see the front desk email me at, [coachorton@gmail.com](mailto:coachorton@gmail.com)**

# Dave Orton - Fitness Director



Abe Ammari - Chiropractic Student / MMA Fighter

" Training with Dave is probably one of the best decisions I have ever made. I am a highly active person who competes in Mixed Martial Arts and submission grappling. At one point I hit a plateau and heard Dave was the man to see. Once seeking his help and after hearing my problems Dave understood and knew exactly what needed to be done. His Knowledge and passion for Personal Training has given him a great reputation for getting the job done and he proved it with me. Knowing that a basic workout was not for me, he incorporated his S.H.I.F.T. system which put me at a whole new level of training and ability. I dropped over 30lbs in just over two months and am still maintaining it. Thanks Dave for never giving up on me."

