



Personal Training Background

My name is Thaddeus Caron and I have been a personal trainer since 2007. Since then I have split my time between Americas Fitness Center and Carleton College. I also work for both organizations as a group fitness instructor specializing in boot camp style classes. I have a nationally recognized personal training certification from the American Council on Exercise (ACE) and am currently finishing my Associates Degree in sports and exercise science. I also have numerous years of experience in training for sports because of my 15 year hockey career, where I have trained with many renowned hockey coaches and strength and conditioning coaches. When I train my clients I use my experience as a trainer as well as my passion for helping people to give them unforgettable workouts to better their health and to achieve their fitness goals. I try to not only help my clients achieve their physical goals, but to also help them feel more positive about themselves.

Away From the Gym

I am from Faribault, Minnesota where I grew up with my parents and two other brothers. I started playing hockey at the age of five. I graduated from Shattuck St. Mary's prep school where I was fortunate enough to play for the number one high school team in the country. After that I played junior hockey and traveled all over the world playing hockey. Now that my hockey days are over I love spending time with my beautiful fiancée, Elizabeth. We are getting married July 24, 2009 and will be moving to Farmington, Minnesota. When I am not with Elizabeth, I am usually in the gym training or working out.

Thaddeus Caron