



Doug Fisher

Fitness Professional

Doug Fisher, a Personal Trainer and Group Instructor in the fitness center, joined CCS in 2014. A life-long athlete and outdoor fitness enthusiast, Doug looks to help others achieve their fitness and health goals. Programs are tailored to the individual and are structured to focus on improvement in the areas of core strength, muscular development, and cardio performance. Doug is also actively involved in designing and implementing outdoor workouts that combine the use of trails, tracks, and functional bodyweight exercises.

He is a firm believer that exercise should be fun and with a proper combination of exercise and nutrition you can achieve your health and fitness goals. Doug received a B.A. from Kenyon College, a MBA from Baldwin Wallace College and holds a Level 1 CrossFit Training Certificate. In addition, he is a Certified HKC Kettlebell Instructor, CrossFit Endurance Trainer, and RRCA Level 1 Running Coach.

Doug is a former two-sport athlete in high school and college and still actively competes in master's level competitions. His accomplishments include a 5th place finish at the 2017 National Senior Games in Birmingham, AL in the 400m run, numerous top three finishes in regional CrossFit competitions, and a 24th place finish worldwide in the 2012 CrossFit Open.

