

# MEET OUR STAFF

## FITNESS MANAGER

### Andrew Doiron

Email [ADoiron@firstfitmgt.com](mailto:ADoiron@firstfitmgt.com)

#### **EDUCATION/CERTIFICATIONS**

- Bachelors in Exercise and Sports Science
- Strength & Conditioning Intern - Cressey Sports performance
- Former US Navy Hospital Corpsman
- American Red Cross First Aid/ CPR Certified

#### **AREAS OF EXPERTISE**

Strength Training, Functional Fitness, Coaching

#### **FAVORITE EXERCISE**

Overhead Tricep Extension

#### **MOTIVATIONAL QUOTE**

"You could leave life right now. Let that determine what you do and say and think."

#### **MORE ABOUT ANDREW**

Fitness has always been a big part of my life. As a lifelong athlete and a member of the armed forces, being in good physical standing has always been a priority. My role as the Fitness Program manager allows me the honor of helping the staff, students and faculty of the UMass campus in achieving their own fitness goals! I enjoy golf, playing and coaching baseball and spending time with my family and friends in my off time.



## FITNESS SPECIALIST

### Chris Miller

Email [cmiller@firstfitmgt.com](mailto:cmiller@firstfitmgt.com)

#### **EDUCATION/CERTIFICATIONS**

- B.S. Clinical Exercise Science – Fitchburg State University
- American Red Cross First Aid/ CPR Certified

#### **AREAS OF EXPERTISE**

Strength Training, Functional Fitness

#### **FAVORITE EXERCISES**

Renegade Row, Dumbbell Chest Press, Kettlebell Swings

#### **MOTIVATIONAL QUOTE**

"You don't have to be extreme, just consistent."

#### **MORE ABOUT CHRIS**

An active lifestyle has always been apart of who I am. Growing up in the sunny state of Florida I was always outside and playing sports or swimming which is where my passion for healthy and active living began. My approach centers on strength training and functional fitness—helping individuals build real-world strength, improve movement, and feel confident in their bodies. I'm especially passionate about exercises that involve multiple muscle groups because they deliver powerful, efficient results. Whether you're new to fitness or looking to level up your routine, I focus on creating sustainable, effective programs tailored to your goals. I believe progress doesn't come from extremes—it comes from consistency. My goal is to help you show up, stay committed, and keep moving forward.

