



**Ann D. Gilbert BS, CPT**

**BS Purdue University**

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Ann Gilbert is Executive Director of Fitness for Shapes Total Fitness for Women in the Tampa Bay area. As Director of the thirteen women's only facilities, she oversees the operations of as many as 120 certified Personal Trainers and 250 Group Fitness professionals, coordinates the signature fee based group personal training programs.

Ann is a faculty member of The Shapes Academy in Tampa and teaches the popular Launch Program, designed to mentor new trainers into the growing business of Personal Training. Ann was awarded ACE / IHRSA Personal Trainer of the Year in 2001 and has been a popular speaker at Club Industry, ECA and IHRSA Conventions since 2002.

Ann writes for local magazines and can be seen on local TV. Ann has designed and implemented programs for children in the adult fitness facility.