

Angie Scott

Angie has been interested in health and fitness since she was a little girl, turning cartwheels and bending over backwards in her backyard. Next came skiing, running, instructing group aerobics, and cycling - which led to her passion for the Spinning program.

A Master Instructor for the Spinning® program (Spin Fitness®/Mad Dogg Athletics), Angie is also ACE and AFAA certified in Group Exercise and Personal Training. Each one of her outdoor bikes has a name, and she spends hours covering as many miles as possible each cycling season.

She enjoys mentoring 4th and 5th grade students in the Everybody Wins VT reading program, as well as working with other organizations such as the American Heart Association, Susan G. Komen Foundation, Special Olympics Vermont, and the Challenged Athletes Foundation.

Angie has been leading the 6-Hour Ride for years and each year we receive the same notes from past participants: “Will Angie be there again?” You can look forward to a great smile, enthusiasm and energy from this instructor!

