

## Education & Certifications:

- \* Degree in General Education and Psychology
- \* ACE Certified Personal Trainer
- \* ACE Fitness Math Course Completion
- \* Core Stability and Muscle Imbalances Training
- \* Body Pump Instructor
- \* Spinning Instructor
- \* CPR/AED/First Aid Certified

## Training Philosophy:

I believe fitness starts with a positive mindset and outlook. It's about an unwavering conviction to living stronger, healthier and happier. I am a client-centered and client-directed trainer. Our workout sessions will be programmed for YOU, gym-based or outdoors. I believe I can be your best friend in fitness--your accountability coach. I will be a beacon of light on your journey. Together, we will formulate a structured but modifiable plan to work towards YOUR personal health and fitness goals.

## Training Specialties:

- \* Broad Programming (Chair Exercises to Hiit Workouts) to Make Progress in Daily Living
- Core Conditions and Endurance Strength Training for All Abilities
- Specificity Training

## Interests & Hobbies:

I enjoy spending time with family, good food, movies and shows, festivals, biking, hiking, reading, writing and traveling. My hobby is helping people achieve.



## PERSONAL TRAINER



## Lonza Dennis

Here to...

Help you reach your fitness and wellness goals!

Visit Guest Service for pricing and registration information.