

DENISE BENEDICT

FITNESS MANAGER

EDUCATION & CERTIFICATION

- BS St. Mary's College of CA in Health & Human Performance with an Emphasis in Sports Medicine
- NASM - Certified Personal Trainer
- ACE - Certified Group Ex Instructor
- TRX - Group Instructor
- Balanced Body - Reformer Level 1 Certified

ACHIEVEMENTS:

- Mother of two sons
- Competitive swimmer and gymnast
- World traveler
- Student athletic trainer '95-'97
- 16 years of swim instruction

HOBBIES/SPECIALITIES:

- Helping clients discover new levels of strength and fitness
- Swimming
- Hiking
- Traveling with my family
- Any activities in or on the water

PHILOSOPHY

"Be who you are and do what you love,
your life is your story to write."

