

# Dena Wolf



Education and Training-  
Certified Personal Trainer - AFSA  
Experienced Group Exercise Instructor  
(Circuits, Pilates, Step, etc.)  
Over 18 Years Experience

I have been working in the fitness industry since 1993. I feel my strength as a trainer includes developing strength, balance, and coordination in my clients (both younger and older). I place a lot of emphasis on proper body mechanics and safety while working out. Over the years, I have lead groups in aerobics, Step class, Pilates, chair classes, circuit training, as well as working one-on-one sessions with many clients.

In my spare time, I'm addicted to Kayaking, horses, hiking, and Harley's (not necessarily in that order).