

Dawn Blom

Introduction:

I became a group fitness instructor in 2014 because I loved the socialization, motivation, and inspiration I had while taking classes. I believe that we are stronger and our drive to be challenged increases as we move together. I soon realized that I could also have an impact on personal fitness goals by becoming a personal trainer in 2016. As a personal trainer, I have loved watching clients become the best version of themselves through strength training, cardio exercise, and balance.



Experience:

I have taught a variety of different classes through my career. I started as a Body Pump instructor and soon added Cycling to my resume. Over the last 8 years, I have also taught Tabata, HIIT, Body Combat, Core Strength, PUSH, and instructed stretching classes. My favorite class to teach is Body Pump because of the music, endurance strength training, and functionality of movement into everyday life. As a personal trainer, I have trained all different ages and fitness levels. I have trained clients for weight loss, increasing strength, balance, and performance. I have also trained clients who have recovered from injuries or surgeries that need to begin strengthening specific muscle groups and clients recovering from strokes. The most rewarding experience being a personal trainer has been the opportunity to help clients achieve their wellness goals.

Certifications:

NASM Certified Personal Trainer

NASM Weight Loss Specialist

NASM Corrective Exercise Specialist

AFAA Certified Group Fitness Instructor

PUSH Certified Instructor

Certified Body Pump Instructor

Certified Body Combat Instructor

CPR/AED Certified

Focus:

As a group fitness instructor and personal trainer, I train each client as an individual who has a unique history, lifestyle, and personal goals. I focus on educating clients on proper technique and muscle alignment, while working together to set attainable goals that change body composition and keep their momentum going. My main goal for each client is to gain confidence, improve their quality of life, and enjoy their fitness journey.