

DANNI MARIE

personal trainer

FUNCTIONAL FITNESS PROGRAM DESIGN

- Older Adult Strength & Balance Training
- Educate proper form and technique
- Weight Loss
- Incorporates stability, core, flexibility and balance
- Total body conditioning
- Designs Endurance, Hypertrophy, & Strength programs
- Encourages healthy lifestyle changes

QUALIFICATIONS

- NASM Certified Personal Trainer
- National Personal Training Institute of Colorado
- BS – Southern Connecticut State University
- CPR/AED/First Aid – American Heart Association



I will provide my clients with the knowledge, skills, guidance, support and motivation so they achieve their own full fitness potential and enhance the quality of their lives. I will help my clients plan and obtain measurable, realistic goals and optimize their chance for a successful experience. Develop fun, safe, effective and efficient exercise programs that offer variety and meet my client's needs. The primary focus is to enhance the quality of your life and vitality. You have nothing to lose and everything to gain.



HIGHLANDS RANCH
COMMUNITY ASSOCIATION