

Groveport Parks & Recreation Department

PERSONAL TRAINER SARA DENUNE



Sara's Contact Information (614) 205-3826

Sara Denune's Biography

- American Muscle and Fitness certified personal trainer
- United States Water Fitness Association certification
- Johnny G. Spinning Certification
- Experience as a spinning instructor
- Experience as a body sculpting instructor
- Experience as a circuit training instructor
- Experience as a strength and body toning instructor
- Currently teach fitness classes here at the Groveport Recreation Center

HOW IT WORKS

Do you need individualized attention to help reach your fitness goals?... Or just some help getting started?

- Become a member of the Village of Groveport's Recreation Center-Personal Trainer services are only available to members!
 - Contact of one of our sanctioned certified Personal Trainers on your own.
 - Tell him/her what your fitness goals are.
 - Agree to the terms of a contract.
 - Pay the personal trainer directly.
 - Enjoy reaching your fitness goals!



**PARKS & RECREATION...
THE BENEFITS ARE ENDLESS!**

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