

Dawn Martin, Certified Personal Trainer

Dawn Martin has been a Certified Personal Trainer since 2003 and a fitness addict for life. Over the years she has trained at LifeTime Fitness, a private studio, and in clients' homes. She has certifications through American Council on Exercise and National Academy of Sports Medicine and additional training in TRX, Kettlebells and Zumba.

She loves gym equipment, fitness routines, and yoga attire and has a passion for mixing things up to keep her clients interested and motivated. Personal fitness comes in lots of shapes and sizes and Dawn has worked with all of them!

Dawn was born and raised in Iowa but spent almost 20 years away in Minnesota. She is back home in Iowa now and promises to never leave again :) When she isn't training, she enjoys yoga, bike rides, spending time with her husband and two college-aged daughters, and watching Minnesota Wild hockey.