

Susanne Carney, Certified Personal Trainer

Susanne Carney graduated from Drake University and majored in corporate health and wellness, and physical/health education with an emphasis in dance. She has been teaching group fitness classes since 1983 including strength/sculpt, step, boot camp, water exercise, arthritis water exercise and more. She has also taught PE at local schools and coaches cross country for the Roosevelt middle school program. She has worked in a variety of fitness settings including hospital, school, health club and country club. Susanne has been a Certified Personal Trainer since 2001 through American Council on Exercise (ACE). Susanne enjoys all ages and abilities, from kids to seniors, and loves helping each person along their fitness journey, whether it's in a group setting or one-on-one personal training. Her 3 children keep her busy.