

Liz Martin, Certified Personal Trainer

Liz Martin graduated from the University of Northern Colorado with a B.S. in Exercise Science and a minor in Biology. She completed her internship in corporate fitness at the National Institute for Fitness and Sport in Indianapolis, IN and also did an endurance sport coaching internship with Carmichael Training Systems in Tucson, AZ. Liz is an American College of Sports Medicine certified personal trainer as well as a certified USA Cycling coach. She has experience teaching boot camp, spin, circuit training, and stretching classes. In addition to her personal training at FITNESS by Design, she works as a cycling coach for Zoom Performance and is a competitive cyclist herself. She has a passion for fitness and for helping individuals of all levels reach their health and athletic goals.