

# **Dominique Danforth**

## **FITNESS SPECIALIST**

**Hello! My name is Dominique and I am one of the trainers here at Oneida Family Fitness. Through my studies and work experience I've had many great opportunities to work with the Oneida community and I'm thankful that I'm able to continue to do so while working here.**

**I graduated from the University of Wisconsin-Green Bay with a Bachelor's of Science degree in Human Biology and an emphasis in Exercise Science. My studies focused on the different ways exercise affects the body.**

**In my free time I enjoy being active! Who would have thought? You can find me running or walking with my dog or practicing yoga. I love to travel, read and play sports, especially volleyball. However, my family is my priority in life and I spend whatever time I can with them.**

**Fitness and sports have always been a part of my life. I love that my job enables me to continue learning about fitness and share what I've learned with the members of O.F.F. My goal, as an employee, is to help others make fitness a part of their lives. I believe that staying physically active requires commitment-a lifestyle change- and I'm committed to helping the members here achieve their wellness goals.**

### **Certifications:**

**A.F.A.A. –Certified Personal Trainer**

**A.F.A.A. –Certified Group Fitness Instructor**

**Zumba Certified Instructor**

**American Red Cross- First Aid and CPR and AED Certified**