

Hudson Denny

FITNESS SPECIALIST/PROMOTIONS

Hi, my name is Hudson Denny. Sports and fitness have always been a big part of my life. I now have the opportunity to help others make fitness a part of their lives. I have been a member at Oneida Family Fitness since I was 18, and the experiences I had here were always enjoyable. Having the chance to be a member first and now the opportunity to work here has made me see how valuable “The Fitness Center” is to our community. As a Tribal member, I feel I can bring a valuable perspective to our membership.

In my spare time I enjoy participating in various recreational activities including running, weightlifting, cycling and hiking. However, I try to spend most of my free time with my children and family. In addition, I graduated with a Bachelor of Arts degree in Communication from the University of Minnesota-Duluth, Minor in Coaching and Psychology. I also spent one year coaching the men’s basketball team as a graduate assistant.

Ultimately, my main goal is to be a resource for community members and employees to reach their highest level of awesomeness. CONTINUE TO DOMINATE LIFE!!!!!!

Certifications:

NETA Certified Personal Trainer

AFAA Primary Group Exercise Instructor

SCW Fitness/ SCHWINN Cycling Certified Instructor

Wellcoaches – Trained Wellness Coach

American Red Cross AED/CPR

American Red Cross First Aid