

Carolyn Martin, A.C.E Certified



Carolyn graduated from the University of Michigan, Ann Arbor, Michigan with a B.S. in Education, Major in Kinesiology and Minor in Health Education. Carolyn has many years experience working with multiple populations from children to seniors integrating fitness into their lives. Carolyn's passion is working with clients who are new to exercise, nervous about exercise returning from a pregnancy, or clients who are interested in working on balance, flexibility and strength.

As the Group Exercise Director she is always looking for ways to keep people coming back into the club whether it be for one on one training or having a client find a class to enjoy, to compliment their routine, and feel the benefits of exercise. Carolyn has extensive background in teaching various types of classes, and pulls from those experiences keeping exercise fun by integrating stability balls, bosu balls, circuits, steps, bars, pilates & yoga into her programs.