

VETERANS MEMORIAL COMMUNITY CENTER

PERSONAL TRAINER

CONTACT DETAILS

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“Fitness isn’t about perfection — its about showing up, moving with intention, and building strength from the inside out. I focus on quality movement, functional strength, and mindset support — because I know firsthand how empowering it is to rise through the journey.”

– Dana

Dana Amundson

PERSONAL TRAINER



Personal Summary

As a certified personal trainer, I’m passionate about helping people build strength, confidence, and a healthy relationship with movement. My mission is to create an inclusive, empowering fitness space where every individual feels seen, supported, and strong—regardless of background, body type, or experience level.

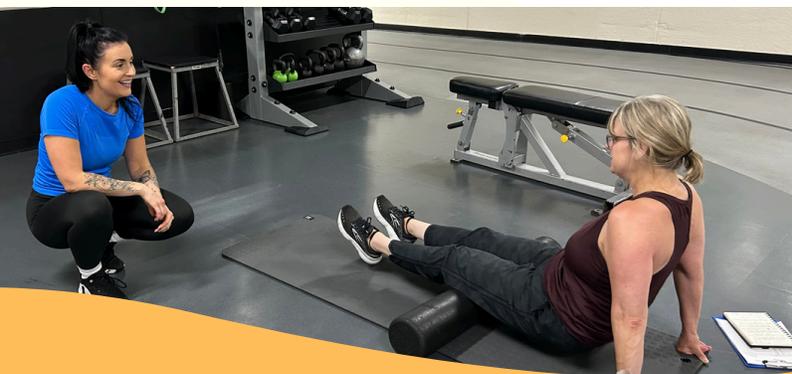
My passion for fitness began with my own weight loss journey, where I experienced firsthand the transformative power of movement—not just physically, but mentally and emotionally. I know what it’s like to start from scratch, and I’m here to walk alongside you with empathy, encouragement, and expertise.

I place a strong emphasis on proper form and quality movement, guiding clients to move safely and effectively while building strength, balance, and mobility. My specialties include functional training, bodyweight workouts, and mindset-focused coaching that bridges both physical and mental wellness.

Whether you’re just beginning your fitness journey or looking to move with more confidence and ease, I’m here to help you reach your goals—and feel strong, inside and out.

Core Skills

- NASM Certified Personal Trainer
- Corrective Exercise Specialist



CALL OR EMAIL DANA TO SET UP YOUR APPOINTMENT

