



Michelle Dillon

Certified Personal Trainer

About Me:

I've always had a passion for helping people and leading them towards an active lifestyle. Personal training allows me to motivate my clients and to raise awareness of the importance of physical activity and overall health. I feel lucky to be able to work with people of all ages and abilities. I love talking to people and finding out what their barriers are, where they've come from and how we can work together to help you achieve your personal goals.

I enjoy encouraging and being a positive influence on my clients to live an overall healthy and active lifestyle. I meet people where they are and push them to flourish in their goals. We all have barriers and I love to see people conquer them.

Fitness has always been an integral part of my life. As a young child, I loved to swim and remained active throughout my life. I received my Bachelor of Science in Nursing from the Sinclair School of Nursing at the University of Missouri, Columbia and spent most of my nursing career working as a cardiac nurse. I began my fitness career after taking time away to raise 5 children. I started taking classes here, at The Center of Clayton, and loved it so much that I decided to make fitness my career by teaching classes and personal training. I began running in my 40's and enjoy running, especially half and full marathons, having completed 20+ half marathons and 9 full marathons (and counting).

Depending upon YOUR goals and fitness level, I can create a personalized fitness program that will motivate you to achieve those goals. You can accomplish things you never thought you could to help you gain optimal results – results not measured against others, but against yourself and how you feel. Let me help you change your quality of life!

Education and Certifications:

Bachelor of Science – Nursing
NASM Certified Personal Trainer
TRX Instructor Certification
MadDogg Spinning Certification
Stages Indoor Cycling Certification
AFAA Group Exercise Certification
CPR/AED/First Aid

Specialties:

Weight Loss
Balance & Range of Motion
Joint/Tissue Injury Prevention
5K/Half/ Full Marathon Training
Strength Training

Availability:

Open