

JENNIFER DAHLER



A Fairview Park native, Jen is thrilled to be joining the North Olmsted Rec Center as a Fitness Instructor. An avid runner, Jen became involved in Group Fitness nearly a year ago realizing her passion in exercise and coaching others to achieve their goals and beyond. Her classes have included Spinning (Cycling) Total Body Fitness, Kettlebell Express, and Silver Sneakers Classic.

Jen is a graduate of Mount Union College where she competed on the Cross Country and Track teams. She remains an avid runner competing in 13 marathons to date! She is the Head Cross Country Coach and an Assistant Track Coach at Fairview High School.

CERTIFICATIONS:

ACE Group Exercise Instructor
Cycling
SilverSneakers Classic
SilverSneakers Yoga

See Front Desk For This Month's Group Fitness Schedule!

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