

Shanon Sweeney



Education & Certifications

- B.S. Exercise Science – Univ. Northern Iowa
- EXOS XFS
- Fitour Group Exercise Instructor
- Fitour Primary & Advanced Yoga Instructor
- Institute of Integrative Nutrition

Areas of Specialization

- Functional Fitness
- Group Fitness
- Pelvic Floor
- Mobility & Stability
- Nutrition/Health Coach
- Yoga/Regenerative/Stretching/Decompression

Fitness & Health Philosophy

“My passion for fitness, combined with my experience in health coaching and yoga, has led me to career fusing all dimensions of health & wellness together into a balanced lifestyle for my clients. I have an extensive background working with various populations, and it gives me great satisfaction to motivate and empower individuals to continually challenge themselves in a fun and rewarding way.”

Fitness & Health Accomplishments

- Sprint Triathlons
- Half Marathon
- Multiple 5k/10k's