

Dena Herceg



Personal Trainer

Sequoia Employee Since September 2017



Dena is a Certified Personal Trainer and Group Fitness Instructor through the American Council on Exercise. She is also a Certified Aquatic Instructor through Fitour. Dena's passion is working with people in need of motivation and achieving total fitness through hard work and healthy living. She loves working with groups and also looks forward to working with people on an individual basis to reach fitness goals. Her 20 years of experience in the fitness field speaks for itself – dedication, hard work and enthusiasm has kept her at the top of her game.