

### **Carolyn Martin, Wellness Coach and Personal Trainer**

Carolyn is a seasoned certified wellness coach and personal trainer. Her training background includes senior strength training. Currently, Carolyn teaches Aqua Fitness classes at the Atlantis Health Club at the DoubleTree Hotel in Bedford. She is very excited about expanding the fitness options at the Club. She is dedicated to creating exercise environments that are fun and effective no matter who the client may be.