

Dawn Delahunty is an ACE certified medical exercise specialist, personal trainer, health coach and group instructor. She knows how essential health is to being able to pursue your life dreams.

She is driven to help people live the lives they want by making sure they have the health they need to do it. Each new client session begins with, “What do you want to be able to do?”



She earned a bachelor’s degree from the Kelley School of Business at Indiana University and continued at Valparaiso University to study human development. She had worked with several health clubs before deciding to begin on her own by creating State of the Heart Fitness, LLC.

**HEALTH
IS NOT A
CLUB**

Two years ago, Dawn and State of the Heart Fitness moved to California and began doing business as Health Is Not A Club, LLC. As part of the East Bay Area, Dawn does in-home and online personal training and teaches group classes at five separate locations specializing in functional training.

Dawn currently lives in Danville, CA with her husband of 38 years. She enjoys volunteering at the Contra Costa County Crisis Center, backpacking through Yosemite National Park, kayaking the many lakes of the bay area and reading.

Connect with Dawn at hello@dawndelahunty.com or healthisnotaclub.com

Dawn Delahunty can be found on LinkedIn & Facebook

Health Is Not A Club can be found on Instagram & Facebook

Certification credentials can be viewed at <https://credentials.acefitness.org/profile/dawnmdelahunty740644/transcript>