

Natasha Swan

Professional Profile



Natasha has been a business leader in the health and fitness industry specializing in strategic development, operation analysis and leadership development to produce winning teams and business growth for over 10 years. She began her career as a personal trainer training clients in San Marcos, Texas while obtaining a Bachelor of Science degree from Texas State University. From there, she continued to study the human body, the effects of proper and poor nutrition and the psychology behind sedentary lifestyles and human performance. Natasha still holds certifications including NASM and ACE certified personal trainer, Precision Nutrition and many other specialty certificates in the field of biomechanics, metabolic testing, kettle bell, TRX suspension, ViPRE and CrossFit.

Her diversity and experience includes one on one training, group training, business to business partnership development, business coaching and corporate leadership. She is currently the Senior Regional Director of Life Time Training at Life Time Fitness overseeing 10 markets, 40 locations and over 1,000 team members.

Natasha's passion is most intensified when she is working to help others improve their life through health and fitness. On her free time she enjoys spending time with her family, doing extreme fitness challenges, participating in triathlons and long distance bike races. She currently lives in the Dallas/Fort Worth area where she offices for Life Time Fitness.