



Denise Willis, CPT
Certified Personal Trainer

Currently practicing in partnership with Strength4You, Denise teaches strength training. Denise was first a client and loved the results she was seeing. So when Partner Nancy Flater asked her to join her and teach the protocol, Denise decided this would be a great way to help others get strong. After enrolling in the W.I.T.S. program at University of Incarnate Word, Denise became certified and started a new career.

Denise retired as the Assistant Controller of the Construction Division of WKM Companies, L.P. WKM Companies, L.P. is a construction company that builds hotels all over the United States. Prior to working at WKM Denise was V.P. of Finance for over 13 years at the Atkins Advertising Agency here in San Antonio. Denise has been Controller of several Construction, Manufacturing, and Start-up companies. She has over 30 years experience in accounting as well as handling HR, Insurance, 401K & Cafeteria Plans which has insured that the companies be in compliance with IRS regulations. Denise has been successful in reducing personnel and overhead by as much as 20%. In addition to implementing company budgets, projecting revenues and writing policy manuals she has installed 3 new accounting software programs and overseen 5 conversions.

Denise attended Broward College in Florida and finished her studies at UTSA.

Denise is a volunteer at the Battered Women's Shelter and serves on the Board of Network Power/Texas. Although she was raised in Florida and Puerto Rico, Denise considers herself a Texan and calls San Antonio home.