



Jamie
PERSONAL TRAINER

Let's Map Your Fitness Strategy!

TRAINING PHILOSOPHY

I'm here to guide you toward optimal health! Whether you want to lose weight and live healthier, free yourself from chronic pain and injuries, get motivated or level-up your current fitness regimen, I can put my 19 years of experience to work for you.

AREAS OF SPECIALTY

- Body composition change
- Corrective exercise
- Strength and muscle endurance training
- Flexibility and range of movement
- Proprioceptive training (balance)
- Sport-specific training
- Nutrition for body composition change and athletic performance
- Lifestyle wellness coaching

INTERESTS & HOBBIES

- Family time
- Sports
- Weight training
- Psychology
- Music (I play drums, percussion and acoustic guitar)
- Learning

EDUCATION/CERTIFICATES

- Fitness Trainer
- Corrective Exercise, Fitness Nutrition and Exercise Therapy Specialist
- Strength and Conditioning Coach
- Exercise Recovery Specialist
- Yoga Instructor
- Lifestyle Wellness Coaching

BOOK YOUR APPOINTMENT TODAY!

Register at the Membership desk
or ymcadane.org

