

Jake S.

ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL
TRAINING**



**EXERCISE
CLASSES**



**SUCCESS
& SUPPORT**



**NUTRITION
WELLNESS**



Training Motto

I think fitness should be both fun and challenging. There is a wide variety of fitness modalities that we can use to help you reach your goals!

Certifications/Education

M.S. Kinesiology

ACSM Certified Exercise Physiologist

Training Specializations

Strength training, Fat loss, Hypertrophy training, Functional training

Corrective exercise and rehabilitation, Foam rolling



**SOUTH
SUBURBAN**
PARKS & RECREATION