

Jeannete S.

ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL
TRAINING**



**EXERCISE
CLASSES**



**SUCCESS
& SUPPORT**



**NUTRITION
WELLNESS**



Training Motto

Wellness in fitness and health
equal Happiness. Every Journey
starts with a single step, know
your limitation and then
defy them

Certifications/Education

- NASM Certified Personal Trainer • USAT1 Triathlon coach
- USMA1,2 Swim coach • Schwinn Spin Instructor
- TRX certified • Wellness Consultant • Red Cross Life guard
- CPR/AED Certified

Training Specializations

Athletes, Teens, Adult, Stabilization, strength conditioning
and Power. Triathlon training

