

Roseanne J.

ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL
TRAINING**



**EXERCISE
CLASSES**



**SUCCESS
& SUPPORT**



**NUTRITION
WELLNESS**



Training Motto

Giving guidance to achieve
your fitness goals which will
make you stronger, healthier,
and confident in your
body's abilities

Certifications/Education

- Human Communication, BA, University of Denver
- Leadership Studies Certificate, University of Denver
- ACE Certified Personal Trainer
- NETA Pilates Reformer Certification

Training Specializations

Personal Training, Pilates Reformer, Silver Sneakers Yoga Stretch
Mind Body Personal Training

