

Jayson P.

ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



PERSONAL
TRAINING



EXERCISE
CLASSES



SUCCESS
& SUPPORT



NUTRITION
WELLNESS



Training Motto:

Take care of your
body, and your body
will take care of you.

Certifications/Education:

- NASM Certified Personal Trainer
- Attending MSU Denver for Bachelors in Exercise Science
- CPR/AED

Training Specializations:

- Strength training, building muscle, endurance running

