Jaden A

ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.

- PERSONAL TRAINING
- EXERCISE CLASSES
- SUCCESS & SUPPORT
- NUTRITION WELLNESS



Training Motto:
Progress over perfection.

Certifications/Education:

- Bachelor of Arts in Sports Psychology
- NASM Certified Personal Trainer & Nutrition Coach
- CPR/AED

Specializations:

- Olympic Weight Lifting
- Body Composition/Weight Loss
- Muscle Building

SOUTH SUBURBAN
PARKS & RECREATION