

PERSONAL

TRAINER

My philosophy is an authentic, integrated, whole-person approach emphasizing fitness, mobility, independence, and longevity. A lifelong health advocate, I believe in the transformative power of movement. This perspective is shaped by my journey of physical and emotional self-determination, combined with a deep understanding of human physiology. I prioritize a personalized approach to help clients find their "WHY" and succeed through support and mentorship. My specializations include weight loss, aerobic training, children and youth fitness, and helping older adults maintain independence.



Jordan

CREDENTIALS:

- NASM - Certified Personal Trainer

TRAINING LOCATIONS:

- Booster Juice Recreation Centre in Terwillegar
- Coronation Park
- Kinsmen