

PERSONAL TRAINER

Jenna is highly influenced by athletics and elite levels of sports performance. Growing up, she participated in competitive sports Ringette, Competitive Swimming, Basketball, and Ball Hockey.

She was an avid competitor in Speed Skating where she has participated in qualifying national and international meets. Jenna has given back to the sport community by coaching ringette, competitive swimming, speed skating and officiating ringette.

Jenna believes achieving perfect health is a lifelong adventure and exercise is crucial to achieve a happier and healthier you.



Jenna

CREDENTIALS:

- CSEP Certified Personal Trainer
- NCCP Speed Skating, Ringette, Swimming

EDUCATION:

- Personal Trainer Fitness Diploma

TRAINING LOCATIONS:

- Clareview
- Commonwealth
- The Meadows