



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JODIE SWANEGAN

## PERSONAL TRAINER

“My goal is to help everyone feel their best physically, mentally and emotionally. When I’m not training clients, or teaching group exercise classes, I enjoy spending time with my husband and four kiddos.”

### BACKGROUND

- NCSF Certified Personal Trainer
- NCSF Certified Sports Nutrition Specialist
- Myofascial Release | Foam Rolling
- BODYPUMP
- BODYFLOW
- GRIT (HIIT strength and PLYO)
- CXWORX | Core Training
- willPower and Grace | Barefoot Training
- Cycle
- SilverSneakers Classic
- SilverSneakers Cardiofit



With lifelong experience in fitness, and growing up with her dad as her coach, it came naturally for her to want to share her knowledge and passion with others.

Jodie has been a certified personal trainer since 2009 and holds certifications in multiple formats. These certifications give her a well-rounded approach to health and fitness.

### SHERWOOD REGIONAL FAMILY YMCA

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