



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## REACH YOUR WELLNESS GOALS WITH US

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 including strength training, HIIT, yoga fusion, core, nutrition, and foam rolling. These certifications give her a well-rounded approach to health and fitness.

Her goal is to help everyone feel their best physically, mentally and emotionally. When she's not training clients, or teaching group exercise classes, she enjoys spending time with her husband and 4 kiddos.

Certifications and training include: 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 and SilverSneakers Cardiofit

**GET FABULOUS  
GET FIT  
GET STARTED**

**JODIE**

**SIGN UP TODAY**

