

Jenny Meinhart, B.S.



Education:

Bachelor's in Exercise Science (In Progress)-
Eastern Illinois University

Certifications:

Certified Personal Trainer- *National Academy of Sports Medicine*

Experience:

Jenny was a member of the Illinois Army National Guard 2008-2015, and uses this experience to train variety of fitness classes and small groups.

Focus:

Weight Loss
Strength Training
Circuit Training
Group Training
High-intensity Interval Training

Training Philosophy:

Jenny applies circuit-based strength training to a variety of clients looking to improve their physique and cardiovascular health. Jenny encourages her clients to reach their health and fitness goals through education and motivation.