

Jess Jordan



Certifications:

Certified Personal Trainer- *International Sports Sciences Association*

Experience:

Jess has experience helping women learn how to maintain a healthy lifestyle. From moms who want to do something good for themselves to young women who want to feel good in their own skin. Jess wants to empower people to take charge of their health, one step at a time.

Focus:

Weight Loss
Strength Training
Circuit Training

Training Philosophy:

Jess believes that it doesn't matter how your body looks if you don't **feel** healthy. She combines weight training with a focus outside of the gym to create better, healthier habits overall to achieve optimal health.