

# Jenny Meinhart, B.S.



## **Education:**

Bachelor's in Exercise Science - *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 a 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.