

# Lainey Jackson, B.S.



## **Education:**

Bachelor's in Exercise Science- *Eastern Illinois University*

## **Certifications:**

Health Coach- *American Council on Exercise*

## **Experience:**

Medical Exercise Specialist- *Sarah Bush Lincoln, Center for Healthy Living*

Group Fitness Instructor- *Sarah Bush Lincoln and YMCA*

Volleyball Coach

## **Focus:**

Functional Training  
Special Populations  
Muscle Growth  
Performance  
Circuit Training

**Training Philosophy:** Lainey believes that exercise should be enjoyable. Whether it is circuit training, strength training or cardiovascular training, she enjoys working with each client individually to identify which method works best for their goals and cheering them on as they succeed.