

JED EATON

Training Philosophy

Jed supports each client uniquely by identifying muscle imbalances and applying strategic exercises and programming to help them reach their goals. Following his collegiate track career, Jed found passion for coaching others looking to improve their strength, mobility, and performance. He is a life-long learner who strives to foster a positive relationship with exercise for his clients from youth to all ages.



Education/Experience

- Certified Personal Trainer (NASM)
- Corrective Exercise Specialist (NASM - in progress)
- Youth Free Weight Training Instructor (YMCA)

Focus

Free weight training · Strength training · Muscle building · Weight loss ·
Corrective exercise · Circuit training