

JENNY MEINHART, B.S.

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.



Education/Experience

- Bachelor's in Exercise Science (EIU)
- Certified Personal Trainer (NASM)
- Group Fitness Instructor (YMCA)
- Former member of Illinois Army National Guard

Focus

Weight loss · Strength training · Circuit training · Group training · High-intensity interval training