



## **Personal Trainer**

**Name:** Jenn Caldenty

**Years of Experience:** 11

**Education:**

- BS-Exercise and Movement Science. University of Oregon

**Certifications & Trainings:**

- American College of Sports Medicine: Certified Fitness Trainer
- National Academy of Sports Medicine: Certified Performance Specialist
- Certified Cycle Reebok Professional Instructor
- Lemond Cycling Certified
- Hydrofit Water Certified
- BodyPump Certified

**Services Offered:**

- Land and aquatic training
- Indoor Cycling, Cross Training and total fitness
- Prenatal, older adults, athletes, teenagers and persons with medical conditions

**Training Philosophy:**

My philosophy on training is to make it an experience of teaching proper exercise, nutrition, and healthy lifestyle. I want people to feel like they have gained knowledge about fitness and lifestyle. This will enable them to live a healthier, happier and more exciting life.