



JUNIPER
Swim & Fitness
CENTER
Personal Trainer

Name: Alli Jorgensen

Years of Experience: 2

Education:

BA–Sociology. University of San Diego

Certifications & Trainings:

- ACE Certified Personal Trainer
- ACE Group Fitness Instructor
- Certified Cycle Reebok Professional Instructor
- Certified Arthritis Foundation Water Exercise Instructor
- Licensed Massage Therapist
- Certified Watsu Practitioner
- CPR Certified

Services Offered:

- Muscle strengthening and endurance
- Functional strength training

Training Philosophy:

My work history includes 9+ years of teaching fitness at JSFC and two years as a rowing coach at the University of California at San Diego. I enjoy sports, and love to spend time biking, hiking, skiing and sailing with my husband and our three children. I am on a continuous path of learning, and love to teach others what I know about the body. I like it when I hear comments like, “I was out skiing the other day, Alli, and I heard you in my head reminding me to keep my core strong.” I try to convey the importance of a focused exercise routine, and not just going through the motions. I want to help my clients safely challenge themselves every workout and to have fun doing it.