



HOMETOWN

Manchester, CT

CERTIFICATIONS

ACE Certified Personal Trainer
LIVESTRONG® at the YMCA Instructor
Additional Certifications in the following:
Forming and Maintaining Optimal Habits
Diet and Lifestyle Intervention

SPECIALTY

Primary focus on Functional Movements that improve Activities of Daily Living
Compound Lifts/Barbell Training
Free Weights and Strength Training Machines
Circuit and Interval Training

MOTTO

Don't stop until the miracle happens

BIO

I was very active growing up and enjoyed playing baseball, basketball, and tennis. I was able to remain in great shape until I wasn't anymore. Having let myself go, I arrived at a place of being overweight, deconditioned, in chronic pain, and on several medications to control blood pressure and cholesterol. I have experienced the power of engaging in regular physical activity as well as how difficult it was to navigate through all the information that is available regarding this process. My passion for exercise and getting healthy brought me to the YMCA in hopes that I can assist others in achieving positive health outcomes. I feel that if we can create the correct environment for change, our bodies are designed to adapt. I enjoy working with anyone who has a desire to be better than they were yesterday. I meet people where they are and develop programs specific to their individual needs.



YMCA Personal Trainer
JASON JONES