



## **HOMETOWN**

Winston Salem

## **EDUCATION**

RJ Reynolds HS, A.S. Forsyth Tech

## **CERTIFICATIONS**

ACSM CPT

American Heart Association CPR

Metabolic rate testing

## **SPECIALTY**

Weight Loss

HIIT

Sport Specific

## **MOTTO**

The goal is to outwork yesterday's version of yourself

## **FAVORITE EXERCISE**

Burpees, TRX , sled push/pull

## **AVAILABILITY**

Afternoons

## **BIO**

Jeremy grew up in Winton Salem, and worked for the Y for 15 years. He then became a personal trainer and has been serving in that role for personal trainer 12 years. Jeremy has 6 years of clinical weight management experience, and has worked with youth as well as adults of all ages and abilities . Jeremy has a passion for people and exercise. He strives to help clients set and achieve their goals while embracing the grind. "I look forward to assisting you in becoming the best version of yourself."

