



### **HOMETOWN**

Walnut Cove, NC

### **EDUCATION**

Bachelor's of Science -  
Wake Forest University, 2021  
Master's of Biomedical Science -  
Wake Forest School of Medicine, 2024

### **CERTIFICATIONS**

Personal Trainer- FiTour  
CPR and First Aid Certified

### **SPECIALTY**

High-intensity interval training  
Aerobic conditioning  
Function strength training  
Core training

### **AVAILABILITY**

Afternoons after 5:00pm - Mondays-Thursdays  
Afternoons after 1:00pm - Fridays  
Full availability Saturdays and Sundays

### **MOTTO**

"You never have to be extreme, just consistent."

### **FAVORITE EXERCISE**

Squat jumps/squat with heel raise

### **BIO**

I've always had a love for fitness and improving one's self, whether that be physically, mentally or spiritually. Although I have only been a personal trainer at the YMCA since July 2022, exercise has been a huge component of my life for many years and years to come! I am very passionate about high intensity interval training (HIIT) as it is my favorite way to workout! My future goals include working in health care as a medical provider. I hope to provide fun, safe, yet challenging workouts tailored to each individual, regardless of fitness level or background. I look forward to sharing in your fitness journey and am excited about helping you become more confident in your own exercise abilities!



YMCA Personal Trainer  
**JENNY SMITH**