



HOMETOWN

Jersey City, NJ

CERTIFICATION

ISSA Certified Personal Trainer (CPT)

SPECIALTY

Body Recomposition
Rehabilitation & Functional Fitness

FAVORITE EXERCISE

Calisthenics

MOTTO

"Mentality creates reality."

AVAILABILITY

Mornings, afternoons, and weekends

BIO

After surviving a coma in 2020, fitness became a major part of my rehabilitation and personal growth. Through calisthenics and functional fitness, I rebuilt both my body and mindset.

Now, I'm passionate about helping others become stronger, healthier, and more confident while reaching their fitness goals through consistency and discipline.



YMCA Personal Trainer
JERMAINE BETHEA