

**HOMETOWN**

Orlando, FL

EDUCATION

Sport Management with Concentrations in
Physical Education and Athletic Coaching

CERTIFICATION

FiTour Primary Personal Trainer

SPECIALTY

Cross Training
Athletic Conditioning

FAVORITE EXERCISE

Sled Pulls/Push

MOTTO

Do the best with what you have today.
Not yesterday or tomorrow.

AVAILABILITY

Monday-Friday 5:00am-7:00am
or 5:00-8:00pm
Sundays 1:00-5:00pm

BIO

Movement should not be a mystery and should be made attainable for everyone according to their ability. I have spent many years teaching students and athletes about their bodies and how they work, and now I am broadening that scope to utilize experience and knowledge to help anyone achieve or regain their ability for mobility!



YMCA Personal Trainer
JEREMY BAXTER