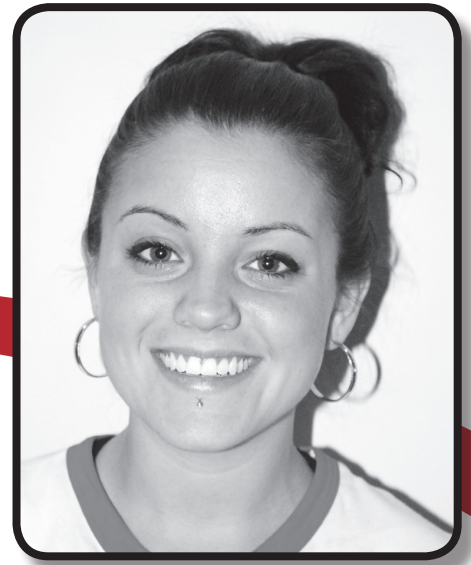




JENNA DOAK



Fitness is Jenna's passion: Motivating others to become their best, and allowing clients to understand how empowering fitness can be. Jenna became passionate about fitness after struggling with her own weight growing up. After working with many personal trainers herself and succeeding in losing weight, she decided it was time for her to help others. Since then, Jenna has worked with many clients helping them overcome and surpass their fitness goals.

Jenna is a certified personal trainer of 5 years. She enjoys working with people who are new to the gym, teaching, and motivating them to stay on track. She enjoys working with clients who want to be challenged!

Whether your goal is to lose 5 pounds or 100 pounds, Jenna has the skills, knowledge and motivating edge to help you do so. She brings a friendly and welcoming personality to every session but is not hesitant to push you past your comfort levels in the gym. Jenna will assist you every step of the way in becoming the new, healthier, better you!



Qualifications

- Certified First Aid + CPR
- 2007 Shwinn Cycling, Certified Spin Instructor
- 2007 Fitness Instructor Specialist, Can-Fit-Pro
- 2006 Personal Trainer Specialist, Canadian Fitness Professionals (Can-Fit-Pro)

