

CERTIFIED  
PERSONAL  
TRAINER

CERTIFIED  
FITNESS  
INSTRUCTOR



# Hi, I'm Jackie

PERSONAL TRAINER

I have always enjoyed physical pursuits and working with others.

For many years I have struggled with body image issues; finally, when I started working with a professional trainer, my life changed. Since then, I have been dedicated to my own health and wellness and now know the many benefits of a well-balanced fitness plan. We are all individual in our needs.

I believe what you put in at the gym you will get out, both mentally and physically. My client sessions progress safely and are built around the foundations of strength, conditioning and flexibility. These key components will give you most out of life when you leave the gym, no matter your age or experience.

As a mom of two teenage children, I understand that fitting time in for yourself can be challenging. Working together, I can help you prioritize your time for fitness and achieve your goals.

## AREAS OF INTEREST



Instructing



Strength Training



Mobility



Conditioning



Education

## PERSONAL TRAINING PACKAGES

Please email [jackie.ohlmann@gmail.com](mailto:jackie.ohlmann@gmail.com) for information on client packages and pricing.