



Hi, I'm Jessica

PERSONAL TRAINER

Hey! My name is Jessica Bender, and I have been a Certified Personal Fitness Trainer since 2011. I'm passionate about helping people make their health and well-being a priority. My goal is to guide you toward building strength, confidence, and a lasting love for movement. Together, we'll create a fitness journey that feels empowering, sustainable, and rewarding.

**CERTIFIED
PERSONAL
FITNESS
TRAINER**

**BACHELOR OF
PHYSICAL
EDUCATION**
Concentration in
Nutrition and
Activity



**FIRST AID
AND CPR**

**SPECIALTY
TRAINING**
Resistance Training
Portable Equipment
Group Exercise
Fitness Kickboxing

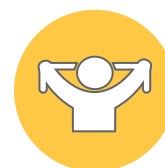
AREAS OF INTEREST



Endurance



Strength &
Kettlebell Training



Resistance
Training



Cross Training



Conditioning



Education

PERSONAL TRAINING PACKAGES

CONTACT
jbender@ualberta.ca
780-984-6373

IG @fitness.bender

Sessions	Price
Private 45 mins	\$60
Private 60 mins	\$80
Partner 45 mins	\$100 (\$50 per person)
Partner 60 mins	\$120 (\$60 per person)
*Discounted Packages Available	