

Glenn Jones

Introduction

My goal as a personal trainer is to help you reach your limits. I will help you achieve your goals in weight loss and sports performance.

Qualifications

International Fitness Professionals Association

- Certified Personal Trainer
- Women's Fitness Specialist
- High Performance Training for Sports

Experience

I've been working with people on weight loss and sports performance for 20 years and helping them achieve their goals

Specialties

Boot camp, weight loss, sports performance



PERSONAL
TRAINER