

**HOMETOWN**

New Philadelphia, Ohio

EDUCATION

B.A Justice Studies (Kent State University)

M.Ed. Sports Management (Cleveland State University)

CERTIFICATIONS

Ace Certified Trainer

SPECIALTY

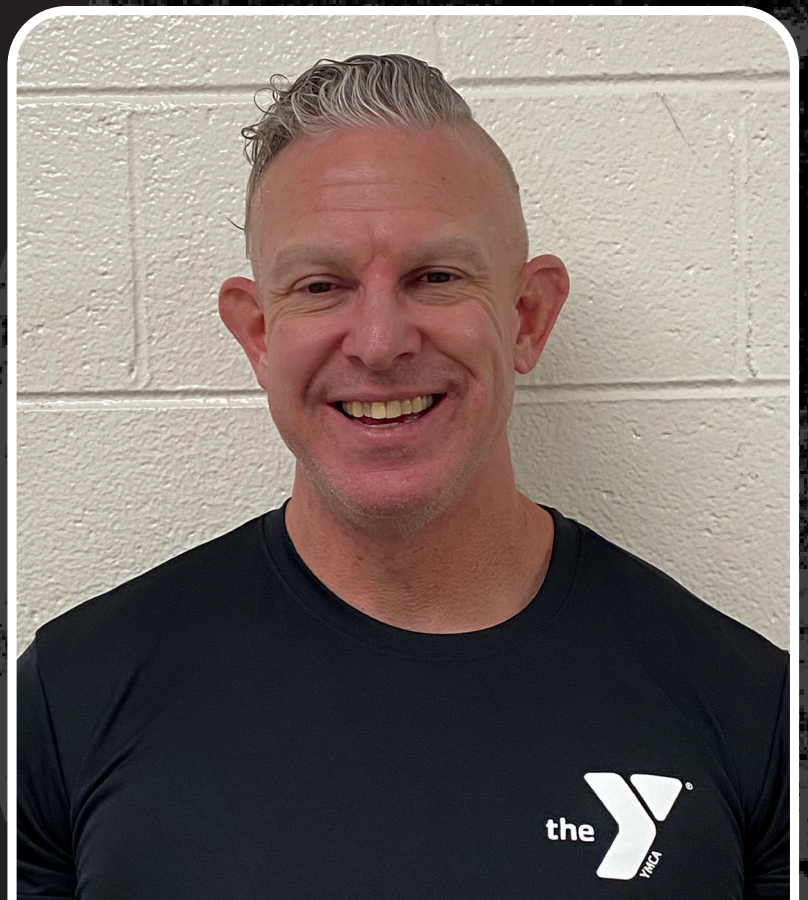
Hypertrophy Training

MOTTO

This is FUN!

BIO

I have been training in the gym for over 3 decades, and doing Personal Training for 28 of those years. I have worked at several YMCAs across the country with the last stop being in Monroe, Michigan where I was awarded Best Personal Trainer in Monroe County for 2022 & 2023. I am continually seeking education and have been fortunate enough to work with some industry leaders in my journey. The single thing I enjoy the most is passing along knowledge.



YMCA Personal Trainer
JAN SZYNDLER