



**HOMETOWN**

Florence, SC

**CERTIFICATIONS**

ACE Certified Personal Trainer

**SPECIALTY**

Primary Focus on Strength and Conditioning  
Body Weight Exercises  
Functional Movements

**MOTTO**

Move a muscle, change a thought.

**BIO**

I am 24 years old, with 8 years of experience in the Service Industry. I am no stranger to hard work and commitment. I enjoy building strong, long-lasting relationships with people and supporting them in any way that I can. When I decided to get active, I had no idea how beneficial the outcome would be for me both physically and mentally. My goal is to show you what you are capable of, the same way I learned, through exercise and accountability. I believe exercise should be fun, uplifting, and at times a bit challenging. As your Personal Trainer, I intend to first help you identify your goals, and then break down any existing barriers, and together we will achieve them.



YMCA Personal Trainer  
**KAILEY JONES**