



### **HOMETOWN**

Florence, South Carolina

### **EDUCATION**

West Forsyth High School

### **AVAILABILITY**

Monday mornings and evenings

Tuesday morning

Wednesday evenings

Saturday mornings and afternoons

### **CERTIFICATIONS**

Ace Certified Personal Trainer

### **SPECIALTY**

Functional fitness, Barbell Training, Strength Training, High intensity Interval Training, Circuit training

### **MOTTO**

It's never too late to do what's good for you!

### **BIO**

Hey, my name is Cameron. I grew up in Lewisville and graduated from West Forsyth High School. I am an ACE certified personal trainer. I am fairly new to the fitness scene and growing up I had somewhat of a negative view on going to the gym. The whole "gym bro" attitude was something I wanted to shy away from. Since then I have discovered the mental and physical fortitude that comes with strength training and general fitness. I'm an aspiring day trader and that comes with some good days and bad days. The point being that some of my worst days in the market have been some of my best days in the gym. I've realized the mental clarity and confidence that comes from a good workout. But there's a lot to learn when it comes to form and how to program a workout to keep you interested



YMCA Personal Trainer  
**CAMERON JONES**

and progressing, and after all that is the main goal, right? I'm happily going to keep pursuing knowledge on exercise and spreading that knowledge with anyone who will let me. Let me join you on your journey to health and wellness and we will attack your goals with confidence.