

Get into ACYION!



Jennifer Potts

Bachelor of Kinesiology, Brevet d'état

Fitness Consulting and Personal Training

Give back to your body and feel the difference that movement, conditioning and physical care can make! Personal training is about motivating, educating and providing you with an exercise program to meet your needs. It is about exercising safely and efficiently so that you can attain your personal goals quickly.

Above all, personal training is fun and enables you to enjoy the many benefits of having a healthier body.

All sessions are tailored towards your needs and may include:

- Resistance training
- Cardiovascular conditioning
- Flexibility training and relaxation
- Core stability and balance training
- Sports specific conditioning
- Nutrition and weight loss tips

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