



Personal Trainer



Jennifer Keating

Jenn came to the fitness industry naturally as an extension of her life as a collegiate athlete. Throughout her years in university Jenn developed a passion for helping others through fitness and injury challenges. She has been involved in the industry since 2001, enjoying all of the different aspects from orienting a brand new exerciser to working with pro athletes. In the future, Jenn will pursue certification as an athletic therapist.

Philosophy

As you sow, so you shall reap.

Certifications and Education

- Human Kinetics Diploma
- Bachelor of Kinesiology
- BCRPA Weight Trainer/Personal Trainer
- BCAK Kinesiologist

Additional Training & Qualifications

- Sport & Exercise Psychology
- Fitness Testing
- Exercise Physiology
- Athletic Therapy
- Functional Assessment of the spine & Extremities
- Taping & Rehabilitation Techniques

Client Specialty Focus

- Injury Rehabilitation
- Sport Specific Training/Conditioning
- Core Training

Words of Wisdom "Consistency, efficiency, fun... these are the keys to success!"