



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MEET OUR PERSONAL TRAINER



Jessica Gardner

Jessica is an active mother and wife. She believes that fitness can be enjoyed as a family and works out regularly with her family. She enjoys running, participating in races, coaching, cooking, and reading. She has 6 years coaching experience and thoroughly enjoys physical fitness. She enjoys seeing the changes that can be made in her clients overall health and body composition. Jessica's focus is on core strengthening, circuit training, plyometric, improvising flexibility, HIIT, and overall fitness.

Are you interested in working with our personal trainer?

Contact Brit Grzywacz, Director of Youth Development and Healthy Living at 7124-834-0150 ext. 113, b.grzywacz@gbgymca.org, or ask our Welcome Center staff for more info.