

**PERSONAL  
TRAINING**

**WITH**

*Ashley Juarke*

**FITNESS  
COORDINATOR**



**Education/Certifications**

- Masters in School Counseling
- IFA Certified Personal and Group Trainer
- NASM Certified Virtual/Online Personal Trainer

**Training Philosophy**

All progress takes place outside of your comfort zone; let's get excited about being uncomfortable! Growth happens when we challenge ourselves and make decisions to show up for ourselves and our goals!

*"I love to help clients to understand just how truly strong they are once they apply themselves and put in the work."*

**Additional**

"In addition to fitness, my hobbies include calisthenics work such as handstands, spending time with my two cats, and baking vegan desserts!

"Life is about moments, create them don't wait for them.?"