



PERSONAL  
TRAINING  
WITH

*Jackie Weaver*

### Education/Certifications

- ACE Certified Personal Trainer
- Schwinn Certified Cycling Instructor

### Training Philosophy

I love to meet people where there are physically and move them in the direction that they want to go! I determine each training session by my clients' goals and limitations. We work closely together as I design a program, which means I can make modifications quickly whether that means scaling back or progressing faster. I love seeing my clients become excited about fitness and I love when they achieve their goals!

### Interests

I enjoy camping and the beach . I love watching my 2 kids play sports and a great cup of coffee with girlfriends. I'm a HS girl's life group leader at LCBC. I also have my own natural skin and body care business called Next Door Naturals.

***"I enjoy training the senior population. This can present a challenge to me as I might have to work around past injuries or surgeries. I thrive on that challenge!"***