



## **JENNY QUINN**



### **BIO:**

I have been lucky enough to call Supreme Health and Fitness my "Second Home" for almost 2 decades! I have been a Group Exercise Instructor here since 2006. I currently hold teaching certifications through Johnny G. Spinning, Les Mills BodyPump, Les Mills GRIT, and TRX.

As a Certified Personal Trainer(ACE; 2016), one of my larger goals is to have a positive experience through exercise with my clients. I want to inspire and help my clients with their personal fitness goals, as well as increase their physical and mental well-being. Having a BS in Psychology, I truly understand the relationship between the mind and body. I am ready to help guide you on your new exercise journey!

**To schedule personal training sessions, please contact Supreme Health and Fitness at: (608) 274-5080 or e-mail: [jennifer.quinn@tds.net](mailto:jennifer.quinn@tds.net)**

## **Training Staff**

### **QUALIFICATIONS:**

- ACE Youth Fitness Specialist
- Bachelor of Science in Psychology – Colorado State University
- American Council on Exercise (ACE) Certified Personal Trainer
- Certified Johnny G Spinning Instructor
- Certified Les Mills BodyPump Instructor
- Certified Les Mills GRIT Instructor
- TRX Qualified Instructor

### **EXTRA CREDIT:**

- ACE Metabolic Training Workshop
- ACE Youth Fitness Specialist Certification