



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**Jaime
Meissner**
Personal Trainer
ACE



PHILOSOPHY

To help you become a healthier version of yourself. I will encourage, educate, and motivate you, and together we will work hard to achieve your goals.



EDUCATION/CERTIFICATIONS

- Ace Certified Personal Trainer
- UESCA Certified Run Coach
- YMCA Group Fitness
- NESTA Fitness Nutrition
- Les Mills Body Pump Certified



SPECIALTIES

- Goal specific
- Nutrition/weight management
- Running



DEMOGRAPHIC

Beginners and Older Adults



A LITTLE ABOUT ME

I love the connection between exercise and increased spiritual and mental health. I enjoy working with people just starting out as well as those who are working towards a specific goal.

**Contact Jaime at 920-262-8555
at the SCHULTZ FAMILY YMCA to
set up your training session!**