

ST. FLORIAN

PERSONAL FITNESS TRAINING

SPECIALIZING IN FITNESS TRAINING FOR LIFE.

*In-home/Outdoors/At Your Fitness Facility/Complex

To learn more about ST. FLORIAN Personal
Fitness Training or to book an appointment,
call Jenna at 720.934.7167 or e-mail
artedelcorazon@comcast.net

·American Council on Exercise (ACE) certified as a Personal Trainer since 1996
·Insured ·BA/Kinesiology from the University of Colorado ·Former Career Firefighter

JENNA MAYNES

Jenna is an athlete and has been actively involved in some form of sport her entire life. Running, triathlons, marathons, living a healthy lifestyle, and helping the community has been a part of her life since she was a little girl. Great positive role models early on in life inspired her to achieve all goals and go after life full-force. She attained a degree in Kinesiology from the University of Colorado at Boulder, has been certified as a personal trainer by the American Council on Exercise since 1996, is currently personal training for a private contractor who specializes on fitness for golf and life, and is a former career Firefighter. During her 7 years as a career Firefighter, she was in charge of the Fire Department's Fitness Assessments and Mandatory Physical Agility testing and training. In 2004, she was awarded 'Career Firefighter of The Year' and 'Award of Excellence in Career Development Above and Beyond The Call of Duty.' Therefore, she knows how to challenge her clients and make certain they get an effective and safe workout. Jenna's focus is on full-body movements, form, technique, balance, power, strength, flexibility, respiratory endurance, stamina, core strength and rotation. This is achieved with the use of balance discs, stability balls, barbells, Bosu, an individual's bodyweight, indoor and outdoor exercise, medicine balls, interval training, bands, stairs, and a myriad of other modalities with a 'hands-on' approach. Customized programs are designed to meet the different needs of the everyday person and the well-trained athlete.

FITNESS TRAINING SERVICES

***In-home/Outdoors/At Your Fitness Facility/Complex**

-One-Hour Personal Training Session One-on-one individual session to develop a personalized fitness program. Designed for individuals with extensive fitness knowledge, in need of a program "refresher" only.	\$50	-20-Hour Series Personal Training Twenty hours of progressive training (\$35/hour) designed for individuals who want the consistent guidance of a trainer, as they progress towards a wide variety of fitness goals. More than 20 sessions may be purchased at this rate if desired.	\$700
-5-Hour Series Personal Training Five sessions of progressive fitness guidance, focusing on improving students physical weaknesses. Designed for individuals with some fitness training experience.	\$225 (\$45/hour)	-Small Group Fitness Training Group Fitness training is designed for individuals with similar goals, who wish to work with a trainer toward those goals. A Small group consists of 2 individuals.	\$50/hour
-10-Hour Series Personal Training Ten hours of progressive training, working toward an advanced fitness program. Designed for all individuals who have a long-term commitment to improved fitness, performance, and a healthy lifestyle.	\$400 (\$40/hour)	*In-Home/Outdoor Training Jenna will meet with you In-home , at your Fitness Facility/Complex , or **Outdoors . A fitness program will be set up in a few sessions or Jenna can meet with you on an on-going basis.	
-Firefighter Fitness Consultation One-Hour. Techniques, knowledge, and a customized fitness design to pass the CPAT or Fire Department physical agility.	\$50		

****Outdoors: Red Rocks Amphitheater, Washington Park, Sloans Lake, River Front Park/Downtown Denver, etc.**

-All One-Hour sessions can be broken down into ½ hour sessions upon request

-Monthly Invoicing is available

ST. FLORIAN FITNESS PHILOSOPHY & ADVANTAGE

An individual can achieve anything in life as long as they are strong mentally and physically. A healthy and fit lifestyle is sustainable by innovative design, passion, hard work, dedication, camaraderie, moderation, activity, knowledge, fun, and a positive environment. Making a difference in your life and others will open a gateway to endless possibilities.

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