

Jeanmarie Scordino

Personal Trainer



I Can Help You

- Achieve all of your fitness goals—
Improved sports performance, weight loss, muscle tone and development, more energy...
- Learn more about your body and how it works
- Learn about the biomechanics of exercise

Areas Of Specialty

- All ages: from 10 to 98
- Post-rehabilitative clients
- Sport-specific training

Emphasis/Philosophy

- Functional training, focusing on optimizing the specific movements we use to perform daily tasks
- I use my background, experience and resources to develop a challenging, safe, fun and effective exercise program specifically designed for my client

Qualifications

- Masters Degree in Physiology, University of Missouri, Columbia
- Bachelors of Science, Biology/Chemistry, Rockhurst College, KC, MO
- American College of Sports Medicine Certified Health Fitness Instructor
- American Council on Exercise Certified Clinical Exercise Specialist & Personal Trainer
- National Strength and Conditioning Association Certified Strength and Conditioning Specialist

Personal Note

- Personal training is a tool that everyone can use to enhance their workout and ultimately their life. Whether you want consistent weekly training, periodic assessments, motivational boosts or new workout designs... **Personal Training is for you!**

Work Phone: (727) 734-6006, Ext. 32121



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