

JO EARNHART



QUALIFICATIONS & CERTIFICATIONS

- American Council on Exercise (ACE) Certified Personal Trainer
- CPR/AED First Aid Certified through the American Heart Association

SPECIALIZATION

Specializing in strength training and cardiorespiratory training. I enjoy assisting people to become stronger, healthier, feel better, and have more confidence. I can help you train for your first or next race! I am confident in working with people of all ages.

TRAINING PHILOSOPHY

I want to development exercise plans for each individual to meet their goals and time restraints. I believe fitness is a way of life and want to help others on their fitness journey.

INTERESTS/HOBBIES

Weight Lifting, tennis, running, yoga, cooking/baking, reading, traveling, hiking, competing in half-marathons and sprint triathlons, and spending time with my family and friends.

AVAILABILITY

- Contact For Availability