

# Jasmine Walker

(479)-426-0752

Jasminecwalker21@gmail.com



## Training Philosophy

“I create enjoyable, yet challenging, workouts that target my clients’ goals. My passion is educating & motivating my clients on an overall wellness journey that reaches beyond just their physical fitness.”

## Certifications

NASM Certified Personal Trainer

NASM Certified Nutrition Coach

## Specializations

Strength & Resistance Training

Cardiovascular Conditioning & Endurance

Weight Management & Fat Loss

Functional Fitness & Daily Movement Patterns

## Available Hours

Weekdays: Mornings