



POWER

PERSONAL TRAINING AT THE Y

**JENN
STRAUBE**

"It is better to fail in
originality than to
succeed in imitation"
-Hermon Melville



JENN STRAUBE

PERSONAL TRAINER

- Certified Personal Trainer through the National Academy of Sports Medicine. Additional certifications in exercising with Parkinson's, Silver Sneakers, and more!
- My fitness philosophy is to always have fun in an ever-evolving environment.
- My focus for my clients is to show them how exercising can be fun and beneficial.
- I get my motivation from the people around me. Age is a number-not a definition!
- When I am not training clients, I enjoy watching my daughter play basketball and continuing to learn new ways to improve my training knowledge.

