



Jaylond P.

CERTIFICATIONS/EDUCATION

ISSA - Certified Personal Trainer

CPR/AED Certified

UNT - Pursuing a Bachelor's degree in Kinesiology



TRAINING PHILOSOPHY

Fitness is not just about lifting weights or hitting goals—it's about building a sustainable lifestyle that enhances both physical and mental well-being. With over two years of experience in training and gym management, I've seen firsthand that every individual has unique needs, strengths, and challenges. My approach is centered on personalized training, education, and motivation to help clients unlock their full potential. Whether you're looking to gain strength, improve endurance, or simply build confidence in the gym, I'm here to guide and support you every step of the way.

MOTTO

"Progress, not perfection every step forward is a step toward success."-Unknown



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