



## Jodi McDowell

CERTIFIED PERSONAL TRAINER and GROUP EXERCISE INSTRUCTOR



### PHILOSOPHY

We are all capable of so much when we believe in ourselves and are encouraged by others. Fitness and health are essential to improve your quality of life and enjoy life and I love to help clients achieve that improvement.

### CLIENT BASE

Jodi's strengths are adaptability and motivation. Having worked with all ages (2 year olds to seniors) in both aquatics and fitness programming, she has learned how to engage and challenge while encouraging. She also has a heart for special needs children and adults gaining access to fitness. Your struggles develop your strengths. When you go through hardships and decide **not** to surrender or give up but to persevere...that is strength.

### EXPERIENCE AND CREDENTIALS

- Schwinn Certified Spin Instructor
- NCCPT Certified Personal Trainer and Fitness Instructor
- 6 years experience teaching group fitness, including Boot Camp, TRX, Cycling, Aquatic mobility and fitness, private and group swim instruction and personal training.
- Aquatics Director and Group Fitness Instructor: Kennedy Clubs and Paso Robles Sports Club in California.

### PERSONAL INTERESTS

- All wheeled sports manual and motorized. Cycling especially, but a dirt bike will do.
- Waterskiing, wakeboarding and snow sports galore....
- Everything in nature whether growing it or exploring it!
- Helping others learn activities, sports and believe in their ability to do so.
- Lovin' on my two boys and getting them out into their world to see and become.