



Jenn Rodriguez

Exercise Specialist

Education

- University of Colorado Denver
B.S. Biology
- Logan University
M.S. Nutrition and Human Performance

Certifications

- ACE Certified Personal Trainer
- Certified Holistic Life Coach - Spencer Institute
- First Aid/CPR/AED Certified

Areas of Specialization

- Strength and Conditioning
- Functional Training
- Weight Loss
- Muscle Building
- Sport-Specific Training

Quote

"Whether you think you can or think you can't, you're right."

- Henry Ford

Biography

Jenn is a Colorado native and grew up just south of Denver in Monument. She graduated from the University of Colorado Denver with a B.S. in Biology and later earned her M.S. in Nutrition and Human Performance from Logan University. Currently, she has the American Council on Exercise Personal Trainer Certification. Jenn has experience both playing and coaching

a variety of sports, such as soccer, basketball and swimming. She also competes in natural bodybuilding competitions and trail running. Her philosophy towards fitness and health entails a holistic approach that focuses on strengthening the mind, body and spirit to achieve optimum well-being.