

## BETH WOODS

Jennifer's classes are first and foremost FUN and a fantastic workout. she's great at adjusting each class to varying fitness levels within the class. We rarely do the same thing twice; she's always mixing it up and with great benefits! Additionally, Jen is great a building community with and engaging kiddos too; my kids had a blast in her family fitness classes!

## ANONYMOUS

I have know Jenn for many years, and can verify that she is an amazing trainer. She will push you further than you thought you could go, and the results you get from working out with her are worth it. She is excellent at making sure you do not get bored with your workouts-if you take classes 3 times a week, you won't be doing the same exercises. She is dedicated and very skilled at what she does, and I highly recommend her to anyone who wants to improve their fitness level.

## LINDA BUECHLER

I've grown to appreciate the benefits of working out outside, rain or shine. Jenn makes every workout fun and interesting. She always has a big smile and plenty of stories to tell. She works with all levels of fitness and any injuries that require special attention. I absolutely recommend her!

## RICHARD MARIO

I had personal goals and Jenn helped me achieve every one. I wanted to lose weight. Jenn helped me lose 40 pounds. I wanted to be a successful ski instructor. Jenn's class was tailor made to get me in shape for aggressive skiing. I wanted to have fun doing it and the classes are designed for fun.

## GRETCHEN LEE

Jennifer is the whole package-wealth of knowledge about physical fitness and super energetic! Great classes, really changes it up so you are always challenging yourself. I highly recommend Jenn!

## DANIELLE MELANSON

I have been working out with Jenn for almost 1 year now. It has been the highlight of my week to get up and workout with our group of woman who gather in the beauty of Washington Park in NW Portland rain or shine. Each workout is different, they are all fun and they always set the day off to a great start. What ever level of fitness you are at Jenn knows how to make it work. I have gained not only strength over the last year, but confidence in my ability as well. I totally recommend her and any of her classes!!

## JENNA KREVOISKY

I have been participating in Jenn's classes for two years now. Jenn is an outstanding trainer. Every workout is different; incorporating different exercises and activities which focus on strength building, stamina, agility and balance. Jenn's classes are exciting, fun and interactive, without being competitive. Every participant is encouraged to go at their own pace and Jenn will even individualize certain exercises if needed. All levels of ability will feel comfortable in Jenn's class. I look forward to every class and feel great afterwards! Join us!

## HOLLY TENCER

I have participated in Jenn's classes, but mostly worked out on my own with the programs she has written/created for me. I love my new workouts—they are varied, challenging and tailored for me. They keep me on my toes and help to develop strength, balance, stamina, and work on my weaker areas. Jenn worked with my specific needs and requirements to make a program that suits me.

## DEIRDRE O'BRIEN

Jenn is a great trainer. She makes her workouts fun with varied exercises, individualization, and always an amusing story or two. I appreciate her dedication to working out outdoors. I would highly recommend her to anyone looking to be active.

## ANDREA MILANO

Jenn is a fantastic trainer and coach. She doesn't just tell you what to do – she does it with you. And it doesn't matter how big or small the class is, I feel as though she is paying attention to my needs along with everyone else's. She keeps our brains working along with our muscles, and makes every workout Fun! Over this past year, Jenn has taught me so much about how to stay strong, well-balanced, and motivated. She supports those of us that are competitive, by cheering us on and making sure we are ready to race when the day comes, and celebrating our successes. PEAK Fitness NW boot camp is the best part of my week and every one of my friends that I've recruited has loved it. Try it – you'll love it too! (Pictured running)