



Jenn Thomas

- Personal Trainer

Education:

Northwestern College, St. Paul, MN:

B.A. of Science-Kinesiology,
Health and Wellness emphasis

Coaching Minor – *Northwestern College*

Certifications:

ACSM Health Fitness Specialist (pending)

Additional Experience:

- Assistant Coach – Cross Country Northwestern College
- Youth Sports Instructor
- Sports Performance Instructor
- Marathon Runner

Specialties:

- General Fitness
- Distance Running
- Strength Training
- Sport-specific training
- Kids fitness

