



**HOMETOWN**

Winston-Salem

**EDUCATION**

BS Lenoir-Rhyne

**CERTIFICATIONS**

FiTour

**TRAINING FOCUSES**

Speed

Agility

Strength

Flexibility

Training for sport, personal improvement, injury recovery. I love helping individuals of all ages cultivate technique, skill, and competence as they mature in or reconnect with their sport of choice.

**MOTTO**

Small changes create big differences

**BIO**

- Love playing sports and spending time with my kids
- Football and track collegiate athlete
- USA Track & Field Masters All-American
- Multi-level track coach
- 2nd Degree Black Belt Tae Kwon Do/Instructor



YMCA Personal Trainer  
**GAITHER JENKINS**