



**JEN
MILLER**

**PERSONAL
TRAINER**



Passion

Jen is a dedicated professional who specializes in total body workouts with a mind-body connection. Her motto is, exercise should be fun, challenging, and rewarding!

Jen is an AFAA certified Personal Trainer with over 20 years of experience. She holds Spin certifications from Mad Dogg & Schwinn Fitness, and is also an ACE Group Fitness Instructor with certificates in Sports Nutrition, Functional Fitness, and Special Populations. Jen has a passion for fitness. She is a firm believer in the mind-muscle relationship and is adamant about teaching proper form, consistency, and the value of exercise. Jen enjoys helping others achieve their goals no matter where they start or where they want to be.

Originally from the Hawkeye state, Jen has been teaching at Mason for the past 10 years. Outside the gym Jen strives to embody a healthy lifestyle for her two daughters. They enjoy adventure courses & hiking to amazing views.

Be active, be bold, be you!