

Blake Jones

**GROUP FITNESS
INSTRUCTOR**

EDUCATION & EXPERIENCE

Coming from a family full of athletes, I've been around training my whole life. I have been certified through ISSA for 19 years. I've coached high school football and have trained high school and college athletes. I have ran my own personal training business since 2020. Fitness is my passion and I love having the opportunity to help anybody with their health and fitness.

TRAINING STYLE & PHILOSOPHY

My training style is WORK. Whatever you are doing, just put all your effort into it. I coach mindset to help clients focus on completing their mission.

