

Jennifer Shupe

Certified Personal Trainer

Background

Jennifer and her husband moved to FL in 2019 after 8 years of living abroad in Asia (Shanghai and Tokyo). They have two children who both graduated high school while overseas. The family took the opportunity to travel extensively all over Asia and Oceania and made memories of a lifetime.

Education/Experience

Jennifer received a BA in Psychology and MA in Human Resources from Clemson University. For 15 years, she worked in the Human Resources field for various industries, one of which instilled the importance of health and wellness. While living in Asia, Jennifer had the opportunity to learn from a diverse group of trainers as well as assist in various group fitness classes. Upon returning to the US, Jennifer landed in Treasure Island where she worked at the front desk of the gym, led small group fitness classes, and did personal training.

Certifications:

- ACE (American Council on Exercise) Certified Personal Trainer
- ACE Senior Fitness Specialist
- NASM (National Academy of Sports Medicine) Corrective Exercise Specialist
- Silver Sneakers certification
- CPR/AED certification

Personal Training

Jennifer has helped clients of all ages and abilities achieve their fitness goals. She specializes in helping clients enhance their functional movement, regain strength following illness/injury/surgery, and improve activities of daily living and overall quality of life.

Availability Monday - Friday



