JESSICA GILMORE

My love for fitness and nutrition started when I was very young. When I became a teenager, fitness and nutrition brought me out of a hard and depressive season of my life. That hard season showed me how nutrition and fitness can change someone's life. I started weight lifting and studying nutrition since I was 13 years old. The passion grew overtime which led me to go to college for health science and become certified for strength training and conditioning.

After having three children, I personally coached and trained myself to lose over 150 lbs and to come back stronger for my children.

This is when I knew my passion and love was in nutrition and fitness. My love for fitness and nutrition goes beyond appearance, it is rooted in how much they both have changed my life. I am a strong, happy, and healthy mother trying to show my children how to live a healthy lifestyle.

My desire is to bring joy, light, and happiness into each session. I want help my clients realize their inner and outer strength. I want to help them feel more joyful after each session and healthier over time. Fitness and nutrition really helped me, now I really want to help others.



CERTIFICATIONS:

- ACE YMCA Strength and Conditioning

YEARS/HOURS OF EXPERIENCE:

- Training since 2014

AVAILABILITY:

- Monday–Friday: 8–11:30 a.m.
- Monday–Thursday: 4–8 p.m.

CONTACT:

- **Email:** jaepep123@gmail.com
- **Phone:** 573.489.5459
- **Facebook:** Abide in Him Health and Wellness

SESSION COST & DURATION OPTIONS:

SESSION TYPE	DURATION	COST
Personal Training	30 minutes	$30/session
Personal Training	60 minutes	$45/session
Personal Training/Nutritional Coaching	30 minutes	$50/session
Personal Training/Nutritional Coaching	60 minutes	$75/session

For more information, contact Sheila Schulte, YMCA Wellness Director, at sschulte@jcymca.org or 573.761.3459.