



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KANDIYOHI COUNTY AREA FAMILY YMCA PERSONAL TRAINER

Hi, I'm Jess. I have been working at the Y since 2016. I am currently working as a Gymnastics coach, Fitness instructor, and a Personal Trainer. As a mom of four I understand how hard it is to find time to work out. However, I also know that making time to take care of yourself is critical if you want live your very best life. After my own struggles with self-love, I made a life changing decision, a healthier me. I chose to put myself first in order to take better care of those around me, I know now what it feels like to love the skin you're in. I am ready to help you be the best version of yourself. I work with members of all fitness levels and strive to help them reach their fitness goals. I use a wide variety of equipment to create a workout that is functional and FUN! If you are ready to begin the next phase of your fitness journey I am here to help, schedule your consultation with me today!



Jess Neal
YMCA
Personal Trainer
Fitness Instructor
Gymnastics Coach