



JASON VERELL CERTIFIED TRAINER

Jason has been a fitness enthusiast for over 40 years. After a rewarding business career he decided to pursue his true passion. Growing up, Jason had weight problems. Even through numerous years of fitness programs and routines, he realized that it takes more than just hitting the gym to reach your goals.

Jason understands the struggles such as weight loss, gaining muscle mass, decreasing body fat, increasing stamina, etc. Now, Jason has dedicated his life to helping others understand the fitness science to achieve both better health and a sense of wellbeing.

Every client is trained to their current skill level, working towards gaining confidence and achieving their own personal goals. As a Certified Personal Trainer, Jason has changed people's lives by sharing his own passion, motivating them to a healthier and more-fit version of themselves.

Jason is an energetic NASM Certified Personal Trainer with a strong life-long background in weight training, suspension training, plyometrics, and track & field. He is committed to promoting client healthy lifestyles through personal example transforming unhealthy habits; while, fueling positive change in mind and body.

CERTIFICATIONS

NASM CPT

StrongFirst Kettleball Fundamentals

TRX Certified

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