



Shelly Jackson

*ISSA Certified
Fitness Trainer*



Born and raised in the area, Shelly became interested in fitness in 2002. After her own transformation, she began her career with a fitness training certification from ISSA. Shelly started group-training, boot-camp style, and has since developed a passion for the active aging population. Shelly's passion to help her clients reach their fitness goals, and the older generation to maintain movement and balance, is very rewarding to her. Serving others is her passion!

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