



# AJ JONES

## Fitness Specialist

My name is AJ Jones and I am from Oakland, CA. I am a graduate of Tougaloo College with a degree in Health, Recreation, and Nutrition. Throughout high school and college, I participated in dance and sports such as: soccer, basketball, martial arts, and track and field. With an extensive background in training people from all age groups and fitness levels, I try to create a training environment that not only motivates, but empowers individuals to continually challenge themselves in a fun and rewarding way.

In the past I held a “All Women’s Boot camp” for women of all ages which was created strictly to target the most common problems women have with their bodies. With this program, not only did the ladies lose weight, but also toned up their problem areas while having fun interacting with others. Within the 30-minute boot camps, I taught and shared with them tips and simple tricks on how I lost 55 pounds doing 30-minute workouts while still enjoying great food!

I chose this career because I love to help others achieve their fitness goals by making it not only a positive, but also a permanent lifestyle change. The science of exercise and nutrition plays a vital role in our lives whether we know it or not. Proper exercise and nutrition can help maintain our overall health and quality of life. We all go through a point in our lives where we want to do something about our health, but struggle to know where to start. There are so many workout plans and diets that we know may or may not work for us. I’m up for any challenge to get you the best results possible, whether your goal is to lose weight or build muscle. Do not let your age or health conditions hinder you from living a healthy lifestyle.

## Testimonials —

### By Donna S. - Madison, MS

*I’ve been working with AJ for a few years on and off and have seen amazing results every time she got me ready for upcoming events. I have never felt stronger or healthier. AJ is passionate about fitness and it shows through the energy and enthusiasm she brings to every session. Her easy going friendly personality creates a relaxed, comfortable atmosphere. She makes each workout challenging, creative and most importantly, fun! AJ has a creative way of training and can basically turn anything into a great workout. So every time we train I never know what she is going to pull out for our next workouts. She also places a high value on correct form with each exercise. She motivates me to push past my perceived limits to get results. I have outstanding energy, my balance and flexibility have improved immensely and I’ve got great new muscles. If you are serious about changing your life for the better, AJ will lead you every step of the way.*

*Thank you AJ, you are the best!*

### By Justin S. -Clinton, MS

*I can’t say enough about AJ. She is wonderful and knows what she’s doing in the gym! When I first met AJ after signing up for a gym membership I immediately was drawn to her personality and energy. After seeing me on the treadmill struggling every day to lose weight, AJ walked up to me and asked me how have my progress been going and have I ever thought about resistance training before. My answer was no. That very day she promised me that if I signed up with her she would make me stronger and make my endurance better. AJ took time working with me and made me challenge myself every day. The reason why I never wanted to hire a trainer in the past is because they are intimidating but AJ was the total opposite. She worked with me to challenge my body but always practice safety and never made me do anything she knew I wasn’t strong enough for. I have been working with AJ for 7 months now and she has really gotten me in the best shape of my life. I work in a stressful environment and*

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*most days all I want to do is go home and lay on my couch, watch TV, and eat my life away; but AJ motivates me to get off my butt and get to the gym to workout with her when I need it the most. Some days when feel like I can't do it alone and I need that extra push, AJ will go and put her own workout clothes on to workout with me, motivating me to push through our workouts. I want to thank AJ for all she has done for me. Not only has she become my trainer but also has become a great friend throughout my journey to building a better me!*

**By C. Jackson – Madison, MS**

*I'm over 60 years old, recently retired from an active lifestyle and very stressful job. Due to my failing health, such as hypertension, high cholesterol, diabetes and migraines, exercise became a necessity. I was referred to a personal trainer, AJ Jones. AJ developed a personalized training program for my individual needs. My last medical checkup has shown remarkable results. I feel much better, energize and well on my way to resume my active lifestyle. Thanks AJ for your commitment to help achieve my health and wellness goals.*