

Jana Houston

Education:

- B.S. *Exercise Science*: UMASS-Boston

Certification(s):

- *American Council on Exercise Certified Personal Trainer (ACE-CPT)*
- *Aerobics & Fitness Association of America (AFAA) Instructor in Kickboxing, Spinning, Pilates, Step Aerobics and Strength Training*
- Adult CPR/AED certified

Personal Training Philosophy: “If you are struggling with making exercise a regular part of your life, I am the trainer for you. We will take a look together at your needs and develop action steps that will produce results. I have helped thousands reach the next step in living a fit life. As a professional group exercise instructor, I can also add a variety of talents into your training such as Kick Boxing, Boot Camp, Spinning, and Muscle Work.”

Contact Info:

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