



Jasmine Walker

Personal Trainer / Group EX

Education

BS in Business Administration

University of South Carolina

Certifications

NASM – Certified Personal Trainer, AFAA Group Fitness Instructor, NASM – Certified Nutrition Coach, CPR / AED Certified

About Me

I have three years of personal training / group fitness experience and counting. I enjoy working with beginner and intermediate clients whether it's helping them establish a sustainable and enjoyable fitness regimen or pushing them in their goals to take their fitness to the next level.

I spent ten years in the corporate world before I stayed home to care for my family. While I was in my corporate job, I had a health scare. This diagnosis was life altering in that my perspective on what and how I spent my time changed. After my kids were a little older, I decided to pursue a career in what I've always been passionate about: fitness.

Personal Interests

I've had a love for fitness from a young age. I've ran 5ks up to marathons over the years. Currently, I enjoy HIIT and strength workouts as well as hiking, water sports and other outdoor activities with my family. I also consider myself a student. I'm continuously learning so that I can share that knowledge with others.

Contact Information

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Walton Family
Whole Health & Fitness