

Personal Trainer

Jennifer Moughon



EDUCATION/CERTIFICATIONS

Master of Science in Kinesiology – Stephen F. Austin State University
Bachelor of Science in Education – Stephen F. Austin State University
IFPA Certified Personal Trainer (International Fitness Professionals Association)
Silver Sneakers Certified
Certified Spinning Instructor
CPR
First Aid

ACCOMPLISHMENTS

Training for and competing in 5k and 10k races!