



HOMETOWN

Winston-Salem, NC

EDUCATION

B.S. – Management/Marketing
UNC-Greensboro

CERTIFICATIONS

AFAA Certified Personal Training
AFAA Group Exercise Instructor
CPR

SPECIALTIES

TRX Certified, Circuit/Interval Training
Functional Training, LES Mills Certified in
BODYATTACK, BODYPUMP and SPRINT,
HIIT Classes, Total Body Sculpt Classes

FAVORITE EXERCISES

Any exercise involving triceps, Interval and
circuit training, Running, hiking and biking

MOTTO

“Don’t doubt yourself!” Jennifer Lemons

AVAILABILITY

Varies based on schedule (no weekends)

BIO

Jennifer has worked in the fitness industry for over 25 years in various roles. She began her career at the YMCA as a trainer helping members to get familiar and started on an exercise plan. She also served as a youth camp fitness instructor and assisted in the literacy department to help youth in school. Jennifer began her group exercise teaching career at the YMCA before becoming the Health



YMCA Personal Trainer

JENNIFER LEMONS

and Fitness Director at a local YMCA. As Fitness Director, Jennifer not only managed the wellness programs, but also worked with all age groups and all ability levels individually as well as in groups to achieve their health and fitness goals. Jennifer also became an adjunct PE instructor at Forsyth Technical Community College, as well as a Health Educator at a local organization. As Health Educator, she was able to spread the message of wellness to women and men in our community. More recently, Jennifer served as a Group Exercise Director at the William G. White, Jr. Family YMCA. Currently, Jennifer offers her years of attended workshops, trainings, certifications and expertise in the form of personal training and group exercise classes. Jennifer is passionate about what she does and believes exercise is not only good for the body, but good for the mind and soul.