

# 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:** “Exercise is enjoyable and rewarding. When you are busy with family and work, personal training is the best way to maximize your health goals. Imagine all you have to do is arrive at the club and I will take care of the rest. My specialties include posture and back weakness, weight loss, muscle development, and special event goals such as weddings, reunions and proms.”

## **Contact Info:**

- **Phone:** 617-719-1250
- **E-mail:** [janahouston2002@yahoo.com](mailto:janahouston2002@yahoo.com)

