



NAME: Jacqueline Kosina

**Fitness
Philosophy**

I feel exercise is something people should be able to enjoy doing without the extra stress and pressure that might be associated with it at times. I work to help guide individuals toward their individualized fitness goals. With a genuine passion for helping others, I create a supportive environment where exercise becomes not only effective but also enjoyable. I believe in crafting unique and dynamic routines tailored to each individual's needs and preferences. I approach fitness with diligence and expertise, providing personalized guidance and unwavering support to help clients reach their goals safely and efficiently.

**Areas of
Expertise and
Interest**

Expertise:

- Strength training
- Resistance Training
- Weight Loss/Gain
- Balance and Stability
- General Fitness
- Flexibility and Mobility Training
- Basketball

Fitness Interests:

- Working with clients out of rehab surgery
- Specific Sport Training Programs
- Nutrition
- Balance and Stability
- Mobility Training
- Encouraging a positive mindset inside and outside of the gym
- Cardiovascular Endurance
- Exercise Psychology
- Plyometric Training

**Education and
Certification(s)**

- Indiana University Bloomington, expected May 2025 B.S in Exercise Science major, Psychology and Medical Sciences minor
- American Red Cross First Aid/CPR/AED Certified (April 2023)
- National Academy of Sports Medicine Personal Trainer (February 2024)