



# JESSICA CRUMP

## MEET THE TRAINER

I fell in love with fitness while assisting the athletic trainer at my high school in Rolla. I followed that passion in college while volunteering for the Mizzou football team & their athletic trainers. As a student at Mizzou, I learned more about prioritizing my health. In the spring of 2022, I accepted an internship at the Southern Boone YMCA. From that point, I knew this was my calling, and I've been here ever since!

## EDUCATION

### **Bachelor of Health Science**

Emphasis in Rehab Science  
University of Missouri

### **Schwinn Indoor Cycling Certified**

### **ACE Personal Training Certified**

### **YMCA Group Ex Certification**

## CONTACT

### **Jake Katnik**

Health & Wellness Director  
(573) 657-9622 ext. 303



## IDEAL CLIENT

Motivated individuals who are willing to put in the work in and outside of the gym to achieve their best results.

## TRAINING PHILOSOPHY

I enjoy helping clients celebrate their non-scale victories throughout their fitness journeys, and emphasizing consistency as the most important tool in your toolbox.

## GUILTY PLEASURE MUSIC

Anything Country!

