



Shawn Jones

BA, CPT

Education/ Experience

- BA (Business) Monroe College, Pittsburgh, USA
- CPT
- Sports specific and strength training
- NCAA Baseball and Semi-Pro Baseball in Puerto Rico

Philosophy

The greatest motivation for Shawn as a fitness professional is to help his clients accomplish their fitness goals what ever they may be. He follows the simple principles of; hard work, passion, determination, and specific goals which make attaining one's goals. He specializes in helping people find balance and correcting muscular inconsistencies.

**PERSONAL
TRAINING**

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Contact Mary Ann Lee,
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for more information.