



Jennifer Steele

Elite Personal Trainer



Education and Certifications:

- B.S. Nursing, Catholic University of America
- Certified Personal Trainer, ACE
- Certified Yoga Instructor, Yogafit
- Certified Pilates Instructor, Power Pilates
- Certified CPR Instructor, AHA
- Black Belt, Tae Kwan Do

Training Specialties:

- Pre and Post Natal Exercise
- Sport Performance Training
- Functional Movement Training
- Weight Loss

Philosophy on Health and Fitness:

Jennifer believes fitness programs should be enjoyable, balanced and achieve results.

Personal Information:

In addition to martial arts and Yoga, Jennifer enjoys playing sports, mountain biking, surfing and competing in triathlons. Jennifer, a mother of four, attended Severna Park High School and is currently the Head JV Coach for the SPHS field hockey team.