

MISSION POSSIBLE

Wall of Fame

Shelly Winkler

GOAL: To heal my body and get in shape.

HOW JACKIE HELPED: She addressed my physical issues to get me strong and healthy. I love her combination of strength training and yoga. With Jackie's experience and training, she put a plan together for me where I saw strong muscle for the first time in my life. My husband noticed the difference within just a few visits. She did more for me than my physical therapist even did. She has done wonders for my daughter, Piper too and I have recommended her to my friends and their daughters as well. We love Mom and Me Classes! Jackie is a knowledgeable trainer for any age, and she's excellent training children for physical fitness and yoga. Thanks, Jackie!



Client Shelly Winkler shows off balance and cardio skills on the Bosu ball (above), enjoys Power Yoga with weights and Mom and Me Yoga with her daughter Piper (L-R) below.

