

# JULIE GERLING

Hi, my name is Julie Gerling. I am a born-and-raised Missourian who graduated from College of the Ozarks with a Bachelor of Science degree in Exercise Science.

During my time in college, one of my favorite courses was women's weightlifting, which really helped solidify my true calling - empowering others to feel great and be truly confident in themselves, especially in the gym. I am dedicated to helping people boost their confidence and knowledge while guiding them towards their fitness goals.

My approach involves working closely with clients to develop training plans that are tailored to their specific objectives, schedules, limitations, and confidence levels. Fitness is a journey, and I believe it has the power to transform both the body and the mind. I look forward to supporting you as you work to reach your full potential and live life to the absolute fullest.

I would be delighted for the opportunity to work with you, create a plan that is specific, measurable, achievable, relevant, and time-bound, and provide the motivation and support you need to succeed on your fitness journey.

I currently also work for Natural Grocers in Jefferson City, Mo as a Nutritional Health Coach.



**CERTIFICATIONS:** B.S. Exercise Science, Certified Nutritional Health Coach,

**YEARS/HOURS OF EXPERIENCE:** 2 Years of Personal Training experience.

**AVAILABILITY:** Tuesdays before 10:00am, Wednesdays, Thursdays, & Saturdays before 9:00am

**CONTACT:**

- Email: [midwestbernese@gmail.com](mailto:midwestbernese@gmail.com)
- Phone: 636-744-2777

**SESSION COST & DURATION OPTIONS:**

SESSION COST	DURATION	NUMBER OF SESSIONS
**\$99 Package	45 minutes/session	3 Total
**\$79 Package	30 minutes/session	3 Total
\$45/session	45 minutes	1
\$30/session	30 minutes	1
**\$50 Advance Orientation	30 minutes/session	2 Total
** one time purchase		

For more information, contact Quinton Sallin, YMCA Wellness Director, at [qsallin@jcymca.org](mailto:qsallin@jcymca.org) or 5737613225.