



JENNIFER RAVEN
DIRECTOR OF FITNESS
Personal Trainer, Level III

Education

- BA Psychology - Lakehead
- Health and Fitness Promotion (Hons) – Humber College
- Certified Personal Trainer – CSEP
- Resistance Training Specialist – RTS123
- Personal Training Specialist - CANFITPRO
- Fitness Instructor Specialist - CANFITPRO

Limitations are only self-imposed. This is what Jen believes when dealing with all facets of life and fitness. The body is an amazing canvas and with the right guidance, attitude and a little fun, any goal can be achieved. Jen always has your goals as the foundation of her individualized programs. Her objective is to ensure you receive the proper instruction to achieve the most gains while still enjoying it and learning.

After completing university, Jen wanted to further herself fitness and working with people to improve their quality of life. She then completed her Health and Fitness diploma with honours at Humber College and has been a full time fitness nut since! Jen is constantly learning new techniques, skills, and schools of thought to help her client's progress. Jen knows that everyone is capable of more than they think is possible. Bodies and minds are amazing vessels that can take us where ever we want to go.



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