

Jamie Sands

Exercise Physiologist

Bachelor of Science from The University of Iowa in Sport, Health, Leisure and Physical Studies with an emphasis in community and commercial recreation ACSM
Exercise Physiologist
FMS Level 1 and Level 2

My hobbies include hunting, fishing, and the outdoors

I enjoy working with anyone dedicated to improving their fitness level. My goal is to challenge your body beyond the limits you believe exist and reach your ultimate potential at any age. Whether your goal is to lose body fat, gain strength and muscle, become a better athlete, or just live healthier, I can help you.