

Jenny McTaggart- ACE Personal Trainer/Health Coach and ACE Senior Fitness Specialist

Jenny is a graduate of the University of Northern Iowa with a BA in Secondary Education and is an ACE certified Personal Trainer/Health Coach. She has been in the fitness industry since 2000. Jenny helps clients with health conditions such as diabetes, high blood pressure, cancer, osteoporosis, weight gain, pregnancy, auto immune conditions and arthritis. Her goal is to always motivate clients to be the healthiest version of themselves. Jenny is also a mom to 4 children.