

Jessica Doubleday - Certified Personal Trainer



Jessica Doubleday has a Bachelor Degree in Childhood / Psychology from Three Rivers Community College and a 9 month / 2,000 hour Personal Training and Sports Medicine Certificate from Branford Hall Career Institute. Jessica has been involved in athletics from the time she was a youth through The current day. She was involved in competitive Gymnastics for 12 years as well as competitive track and swimming for 4 years each. Having taught Preschool she is knowledgeable in how to educate clients in a thorough and easy to follow format, which with the commitment level necessary from the client will produce great results. While at Branford Hall, Jessica studied kinesiology and personal training formats for all ages and fitness levels including persons with disabilities and limitations.

Currently Jessica is involved with the ARC of New London working with mental and physically challenged clients in need of life and motor skills. She also is the Special Olympics Assistant Swim Coach for this organization.

Jessica is ACE (America Council on Exercise) Personal Training Certified and is scheduled for her NASC (National Academy of Sports Medicine) Personal Training Certification test in the very near future.

Jessica is available for Private One-On-One personal training and currently instructs a Small Group Functional Personal Training group. This training session allows 10-12 clients to work as a group in stations with exercises to accomplish all needs, focusing on exercises that duplicate daily activities (Functional). All exercises are designed with strengthening of the core muscles as the basis. This is a great team building experience and Jessica will be providing pre and post workout communications to the participants weekly.

EDUCATION

- ACE (AMERICAN COUNCIL ON EXERCISE) CERTIFIED PERSONAL TRAINER
- BACHELOR DEGREE IN CHILDHOOD / PSYCHOLOGY FROM THREE RIVERS COMMUNITY COLLEGE
- PRESCHOOL TEACHER FOR 5 YEARS
- COMPETITIVE SPORTS INCLUDING SWIMMING, TRACK AND GYMNASTICS
- GYMNASTICS COACH FOR 6 YEARS
- AED / CPR CERTIFIED
- SPECIAL OLYMPICS SWIM COACH

TO CONTACT JESSICA DOUBLEDAY FOR PERSONAL TRAINING

PLEASE SEE THE MEMBER SERVICE DESK

or Call (860) 887 - 3591