



Jimi

Gordon, NFPT-CPT

Education:

Jimi is a graduate of Clio High School and Mott.

Certifications:

Jimi holds certifications through the National Federation of Personal Trainers and the Red Cross.

Area of Specialty:

After all these years of experience, I would have to say all areas of fitness are my specialty! Some of the areas include:

Weight Loss or Gain

Sports Training

Fitness Competition

Powerlifting

Rehabilitation

Senior Fitness

Experience:

26 Years

Training Style/Philosophy:

"Just enjoy your time in the gym and take your time and one day you will reach your goals."

My Passion for Fitness Comes from:

"Sports and just spending time in the gym. Also knowing what it takes to reach a personal goal, big or small."

My Proudest Moment with a Client:

"When a young lady I was training who lives with MS walked across the stage at her graduation! Best feeling ever!"

My Favorite Exercise/Training Tool:

"It would have to be the bench press."