



PERSONAL TRAINER

Lisa Javernick

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As a Certified Strength and Conditioning Specialist and former Division I athlete, I know how to get results. I love the challenge of a new client who is trying to get back in shape or a client who is trying to take their fitness to the next level. My goal when training a client is to always help them reach their highest potential. I'm a believer in listening to the body, being mindful of your own unique training cycles and pushing yourself to distinguish between physical and mental challenges when striving for success.

Qualifications

- Certified Strength and Conditioning Specialist - NSCA
- Certified Muscle Activation Specialist
- Certified Group Instructor - ACE
- Former Cross Country and Track Athlete - CSU

Experience

I have been working in the fitness and sport industry in some capacity for over 20 years. I have assisted in CSU's weight room, coached high school track, and have been a personal trainer and fitness instructor. I have helped multiple clients come back after injuries and periods of time off. I love helping clients who are ready to challenge themselves.

Take the first step. Email lisa.javernick@cityofloveland.org to schedule an appointment with me today!

