

# JONNI

# Personal Trainer



## Certified Personal Trainer Jonni Collins

I have been involved in health and fitness for the past thirty years. Having raised four boys, who were all active in sports, I found myself training other moms to become healthier and teaching them how to be fit. This progressed to training athletes, moms, dads, and middle aged and senior adults. I have a passion for fitness and enjoy helping others. I have been married for the past 30 years to Doug, who is also a Certified Personal Trainer here at Edge Fitness Club. We live in Oxnard and love spending time with our sons and grandchildren. We also enjoy anything outdoors, reading, and working out.

## Interests & Hobbies

- Spartan Races
- Helping people feel better through exercise
- Working out
- Camping

## Education & Certification

- Certified Personal Trainer  
Certification through International Sports Science Association
- CPR Certification
- AED (Automated External Defibrillator)

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