



# Total Woman

FITNESS

by *Kaho* Athletic Club

## Jill Poole

### Qualifications:

NASM- CPT, CPR/AED Cert.

B.S in Exercise Science (as of  
May 2009)



Jill joined the Total Woman Fitness team in May 2008. She has been active and living a physically fit lifestyle her whole life. She has been involved in a number of different sports throughout her life and her main focus now has been competitive running, with her ultimate goal being to run her first marathon. She strives to be the best physical educator possible and works hard at doing this every day as one of our personal trainers. She challenges others to live their lives to their full potential and to never give up on themselves!

Fit Pro Motto:

**“Commit to be FIT!”**