



Jackie Berg Kemp, has been a personal & group fitness instructor since 2004, and a licensed massage therapist since 2010. She graduated from Weber State University in Human Performance Management, and the Utah College of Massage Therapy. She specializes in post-injury, general fitness, Army fitness, core, balance, weight loss, strength, bootcamp, and nutrition.

With Jackie's extensive training and knowledge, she knows what it takes to accomplish extensive goals. She is currently training to qualify for the Boston Marathon. When Jackie is not working or running, she loves to read the biographies of others, meal prep, study nutritious foods, and playing ping pong. She believes that your time is the most valuable prize you have, don't waste it.

Certifications:

B.S. Human Performance Management  
AFAA Personal Trainer & Group Exercise  
Advanced Emergency Medical Technician  
Licensed Massage Therapist  
Healthcare Provider CPR  
Mad Dogg Spinning  
Nutritionist

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