



JAYNE HAYDEN

Personal Trainer

When you feel healthy and strong, you feel empowered — and unbeatable!

I am passionate about fitness and leading a healthy lifestyle, and I'm equally passionate about helping others achieve their own health and fitness goals — no matter where they are in their personal wellness journey. As a group fitness instructor at the Y for over 35 years, teaching high and low impact aerobics, step, cycling, and more recently, MOSSA® Group Core, Group Power and Group Centergy, I have supported and witnessed many transformations of class members in both their fitness and confidence levels. This led to my desire to deepen and extend that support to individuals as a Personal Trainer.

Whether you are new to fitness and feel uncertain when surrounded by others who have been on their personal fitness path for much longer, or you're feeling stuck or discouraged in your fitness journey, I would love to work with you to create a practice that's sustainable, enjoyable, and helps you feel strong, healthy, confident and successful. Your best self is waiting. Let's get started!

CERTIFICATES

- Personal Trainer — YMCA
- DTS Fascia Stretch Therapy
- Masters of Education in Counseling Psychology
- Standard First Aid & CPR/AED Level C

CONTACT ME

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