

Jayden Gittens

(479)-876-4653



Training Philosophy

"I believe fitness should be functional, empowering, and centered on helping people feel their best. My goal is to help clients reach their goals while building lasting strength, resilience, and confidence. I've worked with individuals at all stages of fitness, including postnatal, athletes and those focused on strength and resistance training. To me, fitness is more than exercise – it's a way to move through life with greater ease, energy, and purpose."

Certifications

NASM Certified Personal Trainer

Specializations

Strength & Resistance Training
Cardiovascular Conditioning & Endurance
Sport Specific Training
Functional Fitness & Daily Movement Patterns

Available Hours

Weekdays: Early Mornings, Mornings