

Jo Fone

(734)-355-0628



Training Philosophy

“I center on fostering a positive relationship with exercise, prioritizing your long-term fitness & wellbeing. I am committed to seeing, hearing & respecting you as an individual. Together we will work to equip & empower you to become your best self—stronger physically, mentally, & emotionally.”

Certifications

ACE Certified Personal Trainer

ACE Certified Health Coach

Specializations

Strength & Resistance Training

Cardiovascular Conditioning & Endurance

Flexibility & Mobility Enhancement

Weight Management & Fat Loss

Functional Fitness & Daily Movement Patterns

Long Distance Running

Available Hours

Contact Joanne for Availability