

Jeanne Singley

Jeanne Singley has several years of training and teaching experience. She graduated from UNCW and obtained her Masters of Education degree in Health and Kinesiology from the University of Texas. She holds certifications in Personal Training, Yoga, TRX, Aqua, Spinning, and SilverSneakers. In class or personal training, Jeanne integrates alignment, core work, cardio, and proper muscle control to help achieve customized goals never doing the same thing twice.

