

JASON ROGERS

PERSONAL INFO:

I was born in the North, raised in the South and the doors to my house run East to West; therefore, I like to think I'm a well balanced individual despite the fact that I have been called crazy, among other things! I attended Appalachian State University and graduated, Cum Laude and Thankya Laude, as a Certified Chemist with a minor in Mathematics. If most of my hair would not have fallen out in my 20's I probably would have become either some sort of super star, or a peaceful social activist with interests in nature conservation, and a pony tail. Instead, I try to remember sun screen or a hat when I tend to the yard, veggie garden, or my hive of honeybees. I could go on about myself, but there's just no time!

FITNESS RELATED INFO:

I became a Group Fitness Instructor in 1997, in part, because I find exercise with music and other people way more fun than without them! In addition to completing Group Fitness Instructor certifications from the YMCA and the Aerobics and Fitness Association of America (AFAA), I have continued my training in specialized fitness classes or genres like BodyPump, Cardio-Kickboxing, Cycling, Jump Rope, Reebok Step, and Zumba!

MY GROUP FITNESS PLUG:

Does your Goals Checklist include any of the following?

- Find those with fitness training to guide me
- Meet other nice people with similar active goals
- Have a great time while burning calories
- Increase coordination, flexibility and balance
- Build a strong heart and lungs
- Encourage a healthy self-esteem

If so, then your best bet for fitting fitness into your life, reaching your goals and maintaining them is to make group fitness classes at LKN 24 Hour Athletic Club a habit!