

# APEX CENTRE PERSONAL TRAINER



Working at the Apex since August 2018

I am a former collegiate football player.

Personal philosophy: Grow, change and lead. In order to grow you must change; once you change, then you can lead. I believe everyone has a special talent.

## MEET

# Jay Simmons

Certifications and Education:

- BS in Kinesiology from MSU
- Speed coach
- NPTA
- AED and CPR

Areas of Expertise:

- Kids and athletes
- Bulking, strength, cutting and speed

**Jay is just one of our personal trainers helping our members reach their peak!**

To learn more about all the personal training options stop by the customer service desk.

For inquiries, email [fitness@mckinneytexas.org](mailto:fitness@mckinneytexas.org)

[WWW.APEXCENTRE.ORG](http://WWW.APEXCENTRE.ORG)

