

## **Bio**

Jace is a Certified Personal Trainer, Certified Nutrition Specialist, and has his MBA from the University of South Dakota. He is currently back in school working to become a Doctor of Naturopathic Medicine. Jace enjoys hiking, biking, skiing, learning, traveling, doing yoga, and playing pickleball. Jace has experience working with clients of all sorts; from professional athletes to weekend warriors, children to seniors – he’s witnessed the transformative potential exercise has on one’s life and experienced it firsthand. “By strengthening your muscles and bones, increasing cardiorespiratory fitness, and improving cognitive function – you can increase lifespan & health-span. By increasing dopamine and serotonin, managing weight, and sticking to a plan – you can increase confidence and motivation. These aren’t just my claims; there’s years of research supporting them and so many more ways in which exercise can change your life for the better (& I’d love to talk to you about it!)”

Class Times: 6:00 AM M/W/F

### **Class Name: PEAK Fitness**

Start your day with this "all systems go" fitness class designed to burn calories, build strength, and get you in the best shape of your life. This intense, energizing class combines cardiovascular conditioning methods with strength training protocols to deliver an ever-changing challenge to your body and mind.