



fitness

Susan Sweedler

Trainer in the Spotlight

Susan Sweedler has been training 4.5 years. All of these years were spent training at the JCC.

She got started in the fitness industry because she's always loved working out and the social aspect of the gym lent itself to this career choice. Also, she was ready to begin the next chapter in her life as her children are now getting older.

Ready for any challenge put before her, Susan Sweedler, has an exceptionally positive attitude, encouraging her clients and members to get results... after all, her motivation comes from her clients who "absolutely inspire me."

You'll find Susan at the JCC working with her clients – trying new exercises and challenging them to push themselves to their own personal limits. Susan delights in helping her clients reach their goals through motivation and encouragement. While working with her clients, Susan creatively uses a variety of the tools the JCC has available – from the field outside, to the cardio equipment to boxing, to the brand new ViPRs. When Susan's working, you're likely to hear not only the usual grunts from her clients of someone working hard, but also a large dose of laughter, since she also believes that having fun helps keep you motivated.

Away from her personal trainer duties, Susan loves spending time with her husband and two children (high school and middle aged), as well as cooking & baking for family & friends and spending time traveling.

Personal Training

For more information contact
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