

Jenny Popoff

Certifications:

- BCRPA Certified
- Level 2 Individual Conditioning

Jenny's active lifestyle began at age 4 when she began playing various team sports. Since then, she became more competitively involved in Hockey, Basketball and Women's Softball. Her love and dedication to these sports have allowed her to travel, not only throughout B.C., but also around New Zealand, where she played netball and beach -

volleyball as well. Jenny can be found around the gym at almost anytime of the day and is always willing and excited to help others reach their fitness goals. Don't be afraid to ask for her help, and definitely don't be surprised if she jumps on the treadmill next to you for a friendly race!

