

Jason Manders

FITNESS SPECIALIST

I have been a Fitness Specialist/Personal Trainer since 2003. I earned my Bachelor of Arts degree in Communication Processes from the University of Wisconsin-Green Bay and my Master's degree in Exercise Science (emphasis: Fitness/Wellness) from California University. My desire to exercise started as a youth and has evolved into one of my passions.

Some activities I enjoy are weight training, jogging, and playing volleyball. In my spare time, I enjoy being a husband, father and playing guitar.

As an Oneida Family Fitness employee, I look forward to assisting you in achieving your fitness/wellness goals and being available to answer any fitness related questions. My goal at Oneida Family Fitness is to create a welcoming environment for members/guests.

Welcome to Oneida Family Fitness!

Certifications:

CPT-NASM Personal Training

AFAA -Personal Training

AFAA- Primary Group

NASE-Speed and explosion

Wellness Coach-Trained

American Red Cross- First-Aid, CPR/AED

Arthritis Foundation-Exercise Program (PACE)