

THE PIETERS FAMILY *life center* PERSONAL TRAINING

PERSONAL TRAINING WITH JAY PERSONALIZED EXPERIENCE * INDIVIDUAL SUPPORT



JAY SHINER

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585-487-3567

The Pieters Family Life Center is excited to welcome Jay Shiner as our new trainer. Jay is currently accepting new clients.

Jay brings extensive experience in coaching, mentoring and fitness leadership, with a background that includes Major League Baseball and community wellness programs.

Having worked in strength and conditioning for the Baltimore Orioles, led at Innovative Wellness Center, and studied sports medicine, Jay is passionate about helping people of all abilities achieve their wellness goals.

His expertise in personalized training and activity management strengthens our commitment to an inclusive and supportive fitness experience. Whether you're looking to build strength, improve mobility, or enhance overall well-being, Jay is here to support you."

\$40 for 30 minutes
\$55 for 60 minutes

BE WELL BE YOU

