



Jean Claude Chacon Saucy

JC is a Certified Personal Trainer through the National Academy of Sports Medicine (NASM), certified Group Exercise Instructor through AFAA and internationally certified Yoga Instructor from the Nosara Yoga Institute of Nosara (NYI), Costa Rica. JC's interest in health and fitness started at a young age, earning his first certification at the age of 15 and still the youngest graduate of NYI! JC has experience training and coaching team sports as well as individual sports like surfing, snowboarding, including professional competitive snowboarders. His love and passion for the field drives him to help others achieve their fitness goals, whether it's losing weight, increasing muscle mass, toning, sports specific training or simply overall health. He speaks English, Spanish, Italian and French fluently. As your personal trainer, JC will work by your side to help you reach your goals and give you fun, effective, and exciting workouts! JC is also training for the NBC show American Ninja Warrior! In the process he is actively building show inspired Ninja obstacles and teaching special programs to anyone interested in training like a Ninja Warrior!