



Jeannine Usher

Jeannine is a Certified Personal Trainer through the National Academy of Sports Medicine (NASM). Jeannine received a Bachelors degree from The State University of New York, College at Oneonta, New York. Jeannine started as a member just after Phys-Ed opened. She participated in the Project University program at Phys-Ed, and it made a tremendous impact with her personal fitness goals, which inspired her to become a Personal Trainer. Jeannine is a working mom of 3 children, including a set of twins. Her favorite activities include dancing, smashing golf balls at the driving range, yoga, playing with her kids at the lake, and running an occasional 5K. Jeannine's focus for her clients' is helping them achieve their fitness goals safely with encouragement, support and communication in every step of the way!