

Jake Cruz

With over 11 years of experience in personal training, I am passionate about helping others achieve their fitness goals. My own journey began with a life-changing transformation from obesity to a dedicated athlete, which ignited my love for physical activity. After playing football at Lourdes High School for 3 years, I lost 60 pounds and learned the importance of strength training and cardiovascular fitness, which led me to pursue a career as a personal trainer.

I specialize in tailoring exercises to meet individual needs, whether for general strength or advanced training. My approach emphasizes proper posture, flexibility, balance, pain management, and recovery, ensuring that clients not only achieve their goals but also maintain a sustainable fitness routine.

With a calm and relaxed demeanor, I create a supportive environment where clients feel empowered to reach their potential using various equipment, including strength machines, cables, dumbbells, and body weight exercises.

I look forward to helping you on your fitness journey!