

Terry

“I’ve been working with Janine for about a year and a half. One thing that differentiates Janine from previous trainers I’ve worked with is her planning. She has a client specific plan for each session to target specified muscle groups, etc. In addition, she does a great job adapting to my limitations due to injury, tightness, and other issues that arise. I really enjoy our sessions and feel that we’ve made a lot of progress.”

– Terry Violette, Client



Janine Ferro - Landaverde

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