



Jennifer Oosterman

Originally from the South Jersey and Philadelphia area, Jennifer spent 5 years living and working in New York City after graduating from The College of New Jersey. Moving to West Palm Beach in 2014 felt like an early retirement, as helping others achieve their health and fitness goals and making this community a healthier, happier place is a dream come true. Jennifer is a new mom, recreational sprint triathlete and rollerblading enthusiast. She is passionate about well-being and delicious vegetarian food.

Education and Certifications

- B.S. Health and Exercise Science
- M.E. Higher Education Leadership
- ACSM Exercise Physiologist
- ACSM Personal Trainer
- 200 Hour Registered Yoga Teacher

Specialties

Yoga, Mobility & Myofascial Release
Plant-Based Nutrition
Customizable Wellness

Experience

5 years – Wellness Center Manager for Palm Beach State College
3 years – Personal Trainer for Golds Gym
2 years – Exercise Physiologist for Citi
1 year – Program Manager for UBS
1 year – Program Manager for Liz Claiborne
10 years – Personal Training, Yoga and Strength Training Instructor

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