

Jim Gibson

BACKGROUND

Jim has lived in Saint Petersburg for the past 15 years. He is originally from Oklahoma where he grew up playing high-school and college sports, which has led to a life-long pursuit of fitness. In business, he has held several senior executive positions, including Chairman/CEO, Vice-President - General Manager, Vice-President - Global Sales, Marketing and Service. Since moving to St. Pete, Jim and his wife Charlene have owned an executive recruiting firm specializing in senior executive positions for digital technology industries. Aside from fitness, Jim's interests include: cooking, collecting fine wines, nutrition and dog rescue.

EDUCATION/EXPERIENCE

Jim has a B.A. degree in marketing from Oklahoma State University. He also has a personal training certification from the National Academy of Sports Medicine (NASM), as well as an indoor cycling instructor certifications from the Keiser Institute and Fitness Dynamics. He has been a semi-professional cyclist, riding for teams in Switzerland, Britain and the US. In addition, he has attended culinary school at The Culinary Institute of America (Hyde Park, NY) and Le Cordon Bleu Institute (France).

PERSONAL TRAINING

Personal training is designed to increase your ability to perform functional movement in the areas of core stability, flexibility, endurance, strength, speed, agility, quickness and power. It is an integrated approach that has been proven to be effective in producing desired results when applied on a consistent basis. It all starts by understanding your fitness goals, which can range from losing weight, firming up, moving with more ease, improving sports performance, or all the way to body building. Each program is a custom design for the individual client. What makes it unique is the flexibility to safely adapt to any person's needs.

Availability – Monday-Saturday

