



HELPING WOMEN OVER 40
RECLAIM THE TUSH
OF THEIR 20'S

ABOUT PJ

I've been a certified personal trainer, fitness instructor & health coach since 1995. During that time I have spent the better part of my career helping women over the age of 40 get fit and strong.

I love squats, lunges, a good burger, and a gin & soda with a squeeze of lime. Because let's be real, no one wants to eat salad all of the time.



ELSEWHERE

PJ WREN

www.fitnesswithpj.com
pj@fitnesswithpj

YouTube: [/fitnesswithpj](https://www.youtube.com/channel/UCvXqjKjKjKjKjKjKjKjKjKj)
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